



zavod za javno zdravstvo međimurske županije



"Together we are stronger and louder"

County League Against Cancer Čakovec, Laryngectomee Club and Institute of Public Health County Međimurje joined the Celebration of the European Mobility Week

3rd October 2012 at 10 am at the Park County Hospital Čakovec and the Institute of Public Health Međimurje

The number of participants – 25

Presentation made by Renata Kutnjak Kiš



Introduction

- For people living and operated for throat cancer, regular exercise is extremely important to revive the function of the neck and shoulder girdle muscles, and contributes to improve swallowing function and the establishment of the esophageal voice
- Breathing exercises are also necessary for laryngectomized persons in order to improve the functioning of the heart and lungs, and together with other exercises, efforts are made to increase strength, endurance and flexibility of the body.

The aims of event



- We invite laryngectomized persons and their family members, and other interested people to join the campaign, with the aim of making new friends, socializing, increasing Club members, education, and improving the quality of life and sense of belonging.

Good media coverage



The organisers with Laryngectomee Club persons before the event



We started with breathing exercises



Worm up exercises



Neck Exercises



Competitive sports game
has been organized:

Hanging bowling



throwing rolls, pitching horse shoes



demolition goals

It was very fun!



We were not particularly successful,
they must have the wrong arrow!



**We had enough time to discuss about
Move Week!**



- It was the First games for laryngectomised persons but not the last!
“We must reapeat the games before next Move Week”

