



# Triennial Report

## General Information

<b>Project Name:</b>	Good Health and Wellness for Women
<b>Project Leader(s):</b>	Sabine Bährer-Kohler, Daniela Rigassi
<b>BPW Project Member(s):</b>	Baselland / Switzerland.
<b>Reported Period:</b>	<b>2019 - 2020</b>
<b>Date:</b>	31/03/2020

## Short Overview

This project in Switzerland will support a balanced health and mental health perception and wellbeing orientation of professional woman. Basements are for example the concepts of empowerment, self-management, and the health belief model (HBM).

## Results

- We set up our own website ([www.ghww.ch](http://www.ghww.ch))
- A planned seminar end of August 2019 had to be cancelled because the date was in vacation time. Interest was very good, but interested women could not attend at the prosed date.
- A planned seminar end of April 2020 had to be cancelled because of coronavirus.

## Goals for next period

We are discussing the next steps in summer.

## Challenges / Opportunities

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