

The Office of Tourism of the Consell de Formentera is pleased to announce that the inaugural Formentera Zen Kids & Families will be held 1 May. Alejandra Ferrer, vice president and tourism councillor, invited interested local families to sign up. The event is free for residents of Formentera. "This yearly event is a chance to both draw visitors in the pre-season and offer options in healthy leisure to visitors and islanders alike, and now, with the brand-new Kids & Families, that includes children".

Formentera Kids & Families is part of the Consell de Formentera-backed and Puro Benestar-organised Formentera Zen, a wellness event which will be held next week on 28, 29 and 30 April. The central venue for the event will be the Gecko Hotel.

### **Formentera Kids & Families programme**

Featured talks:

*"En la consulta de pediatría: alimentación, primeros auxilios i son."* Pediatrician Anna Estapé will shine a light on infant sleep, feeding, common illnesses, choking and other concerns that parents have around parenting.

*"Positive discipline also means saying 'no': Managing emotions and screens with children and adolescents ."* Child psychologist Carmen Esteban will speak about how parents can guide children in emotional management, adjusting rhythms and understanding the difference between punishments and limits, praising and encouraging. She will also discuss how screens can be abused and how to manage them responsibly at home.

*"The importance of taking care of ourselves to take care of others and family fitness."* Raquel López, who holds a bachelor's in Physical Activity and Sports Sciences, will offer tips for women and men to strengthen the pelvic floor hypopressive postural exercises, and highlight a fitness activity in which parents and children can enjoy the benefits and fun of doing sport as a family.

The event will take place in Plaça de la Constitució in Sant Francesc on 1 May, a public holiday. To register, visit [www.formenterazen.es](http://www.formenterazen.es) .

### **Formentera Zen programme**

Formentera Zen includes multidisciplinary sessions covering every dimension of the human being—physical, intellectual, environmental and social—and designed to help us live healthier and more balanced lives.

Participating professionals: Alejandra Vallejo-Nágera (psychologist), Natalia Zubizarreta (interior designer), Sari Arponen (PhD in Biomedical Sciences), María Casado (expert in integrated wellness), Enric Sánchez (journalist and podcaster), Cristina Martínez (PhD in Psychology), Miguel Trainer (personal trainer) and Cristina Boscá (radio presenter), Alessandra Oram (yoga teacher from Hong Kong), Vicky Gómez (artist, dancer and choreographer), Amelia Platón (pharmacist, nutritionist and former Masterchef contestant) and Laura Cámara (nurse and sexologist).

To sign up for Formentera Zen, visit [www.formenterazen.es](http://www.formenterazen.es) . Formentera residents benefit from a 50% discount.

### **Beach cleanup and plastic art mural**

In a first, Formentera Zen 2023 will include a coastal cleanup designed to raise awareness and a workshop on caring for the environment and our health, with tips on how to recycle better. A plastic art mural will also be made with the rubbish collected.

Organisers would like to thank the following collaborators for their support: Cabreiroá, Grupo Cala Saona, Trasmapi, Cöel, Freshly Cosmetics, Gecko Hotel, Etnia Cosmetics, Naranjas Ribera, Pure Niche Lab, Komvida and Natura Bissé.

*19 April 2023  
Office of Communication  
Consell de Formentera*

