

# NEWSLETTER 51

SEPTEMBER 2020

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## WELCOME NOTE

The autumn season has already arrived with a beautiful starting for Remedica and all of us. We have started preparing for the winter semester and we build on resilience for the challenging period ahead. The summer has brought some very exciting events, such as a plethora of corporate social responsibility (CSR) activities organised and carried out by Remedica, including voluntary beach cleaning activities in Protaras and Limassol, financial support of the Nursing Home "Archangelos Michael" in the context of the World Alzheimer's Day and the Paralimni Youth Board Basketball Team "Remedica ENP", the organisation of a plastic caps collection campaign, the donation of personal computers to Forum Private School, and more exciting news. We will leave you to continue reading Remedica's 51<sup>st</sup> issue of the newsletter, and we hope you enjoy it!

Dr Michael Neoptolemos  
 Group Chief Executive Officer (CEO)

## REMEDICA WORLDWIDE

### Mazenpharm Drugstore, Lebanon<sup>1</sup>

Lebanon is a Middle Eastern country located between Israel and Syria and bordering the Mediterranean Sea. This strategically important country has a free-market economy and a strong laissez-faire commercial tradition. The Lebanese economy is service-oriented, and its main growth sectors include banking and tourism.



Mazenpharm Drugstore, one of the leading distributors of pharmaceutical products in the Lebanese market, is Remedica's local representative in the country. Mazenpharm Drugstore was founded in 1993 by Mr Daoud Chahine. Located in Beirut in Lebanon, the company is managed by Mr Sleiman Chahine, General Manager, and Dr Maya Mougharbel, Pharmacist. It currently covers pharmacies all around Lebanon and has been Remedica's sole agent since 1989.

With its dedication and care for customer well-being, the company has developed its in-house quality assurance to evaluate and inspect pharmaceuticals distributed in the market. Its customers are its top priority, and the company is committed to making sure they provide the best possible services. They always ensure that their customers can purchase the items that they need and use every day at prices they can afford. The company strives to meet the needs of its customers based on service excellence and human capital efficiency. More than ever, the company acknowledges the importance of today's access to quality health care products and maintains and improves the quality of its services, which include proper storage and distribution of pharmaceuticals to the end consumer. The company emphasises the achievements of its hardworking team that is constantly striving to develop their creativity and skills.

# CORPORATE SOCIAL RESPONSIBILITY

## 1) Vladimiros Tziortzis with his Platinum Sponsor Remedica by his side at a Press Conference in Nicosia (photo. 1, 2)

We are very proud to announce that Vladimiros Tziortzis, the well-known Cypriot race car driver is participating in the European NASCAR Championship with the financial support of Remedica. So far, Vladimiros Tziortzis who took part in the Nascar Euro2 category marked the 8<sup>th</sup> fastest time out of the 19 drivers who were taking part at the Nascar Whelen Euro Series race which took place in Rome, Italy, on the 12<sup>th</sup> of September 2020. The Cypriot driver spoke at a press conference on the 3<sup>rd</sup> September in Nicosia about the new challenges he is facing.

Vladimiros Tziortzis stated: 'I have set two goals for this year: consistency in the results – which is not easy in a championship with many race cars on the track – and obtaining one of the top three places in the league’.

Dr Michael Neoptolemos, the Group CEO of Remedica stated: 'As a company, we support the new generation of our country, so we decided to support Vladimiros Tziortzis, who may be young but is a distinguished athlete. He is known for his discipline, his determination, his professionalism and his values, which are aligned with those of Remedica, which operates in 160 countries and is looking forward to even greater conquests’.



## 2) Remedica is a sponsor of the 6<sup>th</sup> Motor Cross Championship Race 2019-2020 (photo. 3)

In the context of its CSR programme and as a believer that sports are paired with good health, Remedica actively supports sports activities as sponsor at the 6<sup>th</sup> Motor Cross Championship Race 2019-2020. The 6<sup>th</sup> Championship Race took place with great success on the 27<sup>th</sup> of September at the Potamia track. On behalf of Remedica, Mr Michael Vrachimis, Chief Operating Officer of Remedica, delivered the awards and medals to the winners of the races. Congratulations to the big winner, Michael Pamboukkas!



## 3) Remedica is the main sponsor of the Paralimni Youth Union Basketball Team (photo. 4)

In the frame of Remedica's social contribution and based on its slogan for "a healthier world", Remedica sponsored the Paralimni Youth Union basketball team. The team will be renamed to "Remedica ENP Basketball" for the upcoming year and will be trained by the famous coach, Mr Michael Kakiouzis. At the Press Conference which took place on Saturday, the 26<sup>th</sup> of September 2020 at the indoor basketball court of Paralimni, the team, the coach, and Remedica were presented and the beginning of the two-day friendly 2<sup>nd</sup> tournament in memory of Doros Isaak was announced. The tournament took place on the same day and continued on Sunday the 27<sup>th</sup> of September 2020. The teams that took part in the competition were Remedica-ENP, AEK, Omonia and ETHA. Furthermore, during the event, an honorary plaque was given to Remedica, which was received by the CEO of the Remedica Group, Dr Michael Neoptolemos. During the basketball tournament in memory of Doros Isaak, the stadium was filled with excited spectators with the presence of the Mayor of Paralimni, the President of the Remedica-ENP team, sports figures, fans and many others.



## 4) 1<sup>st</sup> Remedica Soccer Tennis Tournament (photo. 5)

The inaugural Remedica Soccer Tennis Tournament successfully took place between 3<sup>rd</sup> and 5<sup>th</sup> July 2020 at the Remedica Park stadium in Nicosia. A total of 44 teams, consisting of two players each, attended the tournament and had the unique opportunity to enjoy the games. Soccer Tennis combines aspects from football, tennis and volleyball. The tournament consisted of three phases. Upon completion of the tournament, Dr Michael Neoptolemos, Group CEO, gave awards to the best teams. The winning team of the 1<sup>st</sup> Remedica Soccer Tennis Tournament consisted of Elias Charalambous and Alexis Pitta, who competed against Antonis Antoniou and Hector Gonzales. The winners will face the winning team of the Athens tournament. The prize covers the airfare and accommodation in Athens, sponsored by Remedica.





**5) Remedica organised a Plastic Cap Collection Campaign (photo. 6)**

Remedica’s employees gathered a large number of plastic bottle caps with the aim to support the activities of the Theotokos Foundation. The Foundation actively supports the principle of inclusion and supports people with disabilities and their families on a daily basis in the effort they make to make their lives more positive, successful and happy. The caps collected, after being recycled, contribute to the financial support of the Association’s programmes, and in particular to help those affected by mobility problems. The collection of caps also helps to protect the environment by promoting environmentally friendly practices such as recycling. The delivery of the plastic caps to the Theotokos Foundation will take place on the 2<sup>nd</sup> of October 2020.



**6) Remedica Heads to the Beach for Voluntary Beach Cleaning in Limassol and Protaras (photo. 7, 8)**

As part of Remedica’s CSR and its effort to encourage environmentally friendly practices to protect the environment, Remedica has continued its coordinated summer beach clean-up campaigns to raise awareness about clean seas and coasts. In this context, the company organised a voluntary in-house beach cleaning activity on 25<sup>th</sup> July 2020 in Limassol. The gathering place was the Old Port of Limassol, where employees participated in a cycling activity and then proceeded to the beach cleaning. Coastal clean-ups have been established as a key information and awareness tool for the prevention of solid waste pollution. This waste is directly related to our daily consumption habits. With their efforts, Remedica’s employees and their families cleared up several metres of coastline, collecting large amounts of waste. The non-governmental organisation ‘Rescue 1’ was present at the beach clean-up with trained staff and appropriate equipment to clean the ocean. The event was attended by the Mayor of Limassol, Mr Nicos Nicolaides, who also gave a speech, as well as Municipal Councillors.



In addition to the Limassol beach cleaning activity, Remedica’s Engineering and Works Department gathered in Protaras for a beach tidying activity to remove plastic and other waste from local beaches in early July 2020. Plastic waste is one of the world’s most pressing matters. Through clean-up initiatives and other activities, Remedica aims to play an active role in raising public awareness about recycling and reducing plastic waste as part of its broader vision to achieve a waste-free future.

**7) Remedica on wheels: RemeRiders Motorcycling Team (photo. 9)**

In order to enhance our sense of teamwork within the company, Remedica has created a motorcycle team with the title ‘RemeRiders’. The purpose of the group is to organise excursions and host annual fundraisers to support various charities. Helping those who are not as fortunate is very important at Remedica. This activity is a way of being inspired to raise money through charity cycling events and moulding Remedica’s core values into all its long-term strategies and short-term goals. The 1<sup>st</sup> RemeRiders Charity Course will take place on the 24<sup>th</sup> of October 2020 with the aim of strengthening the Cyprus Association of Cancer Patients and Friends.



**8) Remedica Actively Participates in the Fight Against Cancer (photo. 10)**

In the spirit of being active in the fight against cancer and as part of its CSR, Remedica provided financial support to the Cyprus Cancer Association, so its services can continue to be offered free of charge to those who need it.

Every year the Cyprus Cancer Association supports thousands of cancer patients in Cyprus as well as their family members who take care of them, by offering them access to comprehensive health care services.

Remedica has a strong sense of social responsibility towards the local community in which it operates. It is a people-centred company that encourages activities that aim to support cancer patients and their families and strongly contributes to the fight against cancer. Because the word ‘cancer’ is a synonym for the fight for survival, courage, hope, faith and life.



**9) Remedica honours the World Alzheimer’s Day by offering a financial contribution to the Nursing Home “Archangelos Michael”** (photo. 11)

On the occasion of the World Alzheimer’s Day, which is celebrated every year on the 21<sup>st</sup> of September, demonstrated once again its charitable nature and social responsibility by offering a financial contribution to the Nursing Home Archangelos Michael located in Nicosia.

More specifically, during a simple and short ceremony, the Marketing Manager of Remedica, Ms Georgia Tsitsa, made the financial contribution to the Director of the Nursing Home, Ms Ersi Papayianni, and congratulated her for the exceptional and the philanthropic work.

Ms Tsitsa addressed a short speech on behalf of the Chief Executive Officer of the Remedica Group, Dr Michael Neoptolemu, with a powerful message that: “Today is a tribute for the elderly people and patients suffering from chronic Alzheimer’s disease, so let’s make this day a milestone and always remember those who cannot remember”

At the same time, he expressed his commitment to ensuring that Remedica will continue its active role in helping society and will be on the side of the socially vulnerable groups, as it always does.



**10) Financial Contribution to the Foundation “Thermokoitida Agapis”** (photo. 12)

Remedica actively supported the Association Thermokoitida Agapis and its sacred work financially through the promotion of their collectable wristbands at the company’s reception desk.

The collectable wristbands were intended to support the activities of the association. The main goals of Thermokoitida Agapis are to raise awareness of newborns in the Intensive Care Unit for Newborns and provide aid to them.

Remedica’s employees raised a big amount from the “hope” wristbands and the financial contribution was made on behalf of the company by Mr Antros Yiasemi, Human Resources Manager of Remedica.



**11) Donation of Personal Computers to Forum Private School** (photo. 13)

Remedica continues its social role of strengthening society and education during the difficult COVID-19 period. Most recently, Remedica contributed to the enhancement of the Forum Private School’s academic equipment by offering 14 personal computers. Contribution to society is a key component of Remedica’s corporate culture.

The recent offer support to the Forum School for its modernisation and upgrading proves the company’s commitment to supporting the local communities where it operates.

The school thanked the management of the company and the Group CEO, Dr Michael Neoptolemu, for this generous initiative.



**12) Financial Support to the Cyprus Autism Association** (photo. 14)

Remedica has recently provided financial support to help fund the Cyprus Autism Association in order to expand and upgrade its facilities.

The Cyprus Autism Association was founded in 1990 to promote the wellbeing of people with autism and their families. Since then, the Association has joined the fight to secure the rights and a decent life for people afflicted with autism.

Remedica recognises the importance of the work and contribution of the association to the Society and reinforces it by supporting it financially and in other ways.



# REMEDICA'S NEWS



## 1) Remedica Expands its Presence with New Offices in Nicosia (photo. 1)

We are delighted to announce that Remedica has opened its new offices in Nicosia, faithfully implementing its strategic plan, extending its activities in Cyprus and further increasing its presence locally. Since its establishment, Remedica has operated with state-of-the-art facilities from its

Limassol headquarters. Its new offices strategically located in the centre of the Cypriot capital reflect its commitment to strengthening relations with its local collaborators. The bright, modern and spacious office is a hit with the Nicosia team, which is settling in nicely.

## 2) Remedica Upgrades its Limassol Headquarters' Entrance (photo. 2, 3)

In its effort to create a more employee-centred environment, Remedica has updated, enhanced and improved the entrance of its headquarters in Limassol. It has completely renovated the façade and front area with the addition of a garden. The company currently comprises 12 buildings



with a total space of 50.000 m<sup>2</sup>. The recently installed greenery has completely transformed its entrance. A garden space will benefit employees by offering a secure area to enjoy the outdoors and opportunities to improve their overall wellbeing.

# ANNOUNCEMENTS



## ● RemeRiders 1<sup>st</sup> Charity Course

**When:** 24<sup>th</sup> of October 2020, 11:00 a.m.

**Where:** Starting point - Molos, Limassol and finishing point - Platres

**Participation cost:** 5 euros

All proceeds will be donated to PASYKAF. Remedica will contribute the corresponding amount that will be collected.

## ● 1<sup>st</sup> Cyprus Forum

**Sponsor:** Remedica

**When:** 3 October 2020

**Where:** Nicosia Municipal Theatre

Dr Michael Neoptolemos, Chief Executive Officer of Remedica will give a speech during the Forum.



# PEOPLE OF REMEDICA

## Mr Antonis Hadjigeorgiou Planning Manager

Mr Antonis Hadjigeorgiou studied Industrial Management and Technology at the Piraeus University of Greece and joined Remedica's family as Production Supervisor of Building 5 immediately after his return to Cyprus in November 2007. After seven years in Building 5, he moved to the Remedica production buildings B1, B2, B4 and B10 in the same position for a further three years.

As a committed and responsible employee, he gained experience throughout his ten years of service and in 2018 accepted a position at the Planning Department as Junior Planning Officer.

After two years of experience and hard work in the Planning Department he was recently promoted to Planning Manager for Factory 1.



## EMPLOYEE OF THE MONTH

### Christos Ioannou Systems and Network Engineer

This month, the most voted colleague was Christos Ioannou, Systems and Network Engineer. Christos joined Remedica in March 2012 as an IT Technician in the Information and Technology Department and he was recently promoted to the position of Systems & Network Engineer. He is also the team leader of the IT Technical Section.

Christos has always been a professional, responsible and organised employee and is dedicated to the projects, tasks and daily troubleshooting under his supervision. Due to his job responsibilities, he communicates with many colleagues on a daily basis and always maintains good relations with them while having a positive, cooperative and polite attitude.

Christos is a hard worker and a supportive person, he is an excellent example of an employee and we are proud that Christos belongs to Remedica's family.



# WORLD PATIENT SAFETY DAY

17 September 2020

HEALTH

WORKER SAFETY



Recognising patient safety is a global health priority, all 194 World Health Organization (WHO) Member States supported the establishment of World Patient Safety Day (Resolution WHA72.6) at the 72<sup>nd</sup> World Health Assembly, in May 2019, to be honoured yearly on the 17<sup>th</sup> of September.

Thousands of patients worldwide experience preventable injury or are put at increased danger of injury while receiving healthcare services. On the 25<sup>th</sup> of May 2019, the resolution WHA 72.6 "Global action on patient safety" was introduced by the 72<sup>nd</sup> World Health Assembly. The resolution

acknowledges that patient safety is a primary concern for global health and supports the establishment of the World Patient Safety Day on the 17<sup>th</sup> of September to be recognised globally. In order to strengthen patient safety, World Patient Safety Day encourages worldwide solidarity and collective action by all nations and global partners. The day also brings together patients, relatives, caregivers, communities,

health care professionals, health care stakeholders and policy-makers in order to demonstrate their dedication to patient safety. The theme of the very first World Patient Safety Day in 2019 revolved around creating the cultural heritage of the day, emphasising the significance of all stakeholders and prioritising and tackling patient safety worldwide.

The aims of World Patient Safety Day are to raise public awareness and involvement, strengthen global understanding, and foster global collaboration and action to encourage patient safety.

The COVID-19 pandemic exposed the immense challenges and threats facing health workers worldwide, including diseases associated with health care, abuse, isolation, psychological and emotional disruptions, disease and even death.

In addition, working in stressful conditions makes health professionals more vulnerable to mistakes that can cause harm to patients.

Hence, the 2020 World Patient Safety Day is "Health Worker Safety: A Priority for Patient Safety" and the slogan is "Safe health workers, Safe patients"

WHO calls for action and prompts the community to speak up for the wellbeing of health professionals!



# WORLD ALZHEIMER'S MONTH

September 2020

World Alzheimer's Month, which is celebrated between the 1<sup>st</sup> and the 30<sup>th</sup> of September, is a global opportunity to raise awareness around dementia and demystify it. This year the theme for World Alzheimer's Month in 2020 is 'Let's talk about dementia' and the main highlight is the importance of talking about dementia and the ways with which Alzheimer's disease and other dementias impact the daily lives of people affected by the condition.

Receiving a dementia diagnosis can leave a person feeling very alone. Primary carers feel isolated since their loved one received a diagnosis. World Alzheimer's Day, which takes place every year on 21 September, is an international campaign to raise awareness and highlight issues faced by people affected by dementia. It is an opportunity for people and organisations to demonstrate how we can overcome these issues and help people live well with dementia. Globally, dementia is one of the biggest challenges we face, with nearly 50 million people living with dementia worldwide. To tackle the global dementia challenge we need to work together and collaborate. This World Alzheimer's Month, break the silence around dementia! Let's shine a spotlight on it and highlight how taking the time to talk about it can have a huge impact on people affected by it.



# ENVIRONMENTAL ISSUES

## Access to Safe Water and Sanitation<sup>2-8</sup>

### SOFIANOS KYRIAKIDIS

Amongst many other factors, the ongoing COVID-19 pandemic has highlighted the significance of good hygienic practices, such as frequent and thorough handwashing with clean water and soap. Despite the fact that many of us take safe drinking water and sanitation for granted, this public good remains unavailable for a significant proportion of the human population.

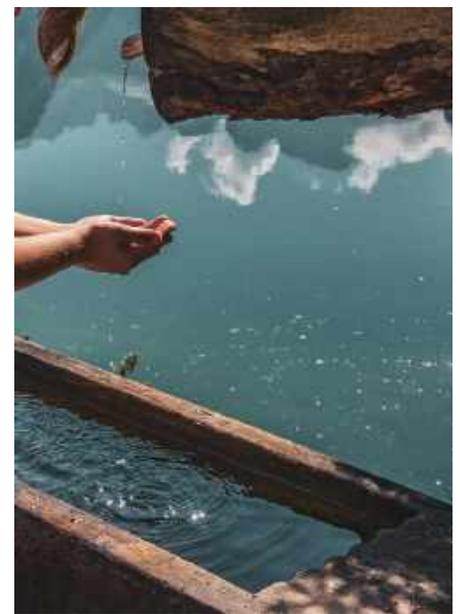
The United Nations (UN) officially recognised access to safe drinking water and sanitation as human rights in 2010 and 2015, respectively. The UN acknowledges that safe and affordable drinking water and sanitation is fundamental for the health, prosperity and dignity of billions of people and is essential for the accomplishment of other human rights<sup>2</sup>.



However, according to the WHO and the United Nations International Children's Education Fund (UNICEF), in 2017 one in three people lacked safe drinking water and over half of the global population had no safe sanitation, with two out of five people being without basic handwashing facilities. These figures represent 2.2, 4.2 and 3 billion people, respectively. What is worrying is the fact that in 2017 around 673 million people were not using toilet facilities. In practice, this means that these people defecate in the open, posing a serious public health hazard<sup>3</sup>. The lack of access to safe drinking water, and poor sanitation

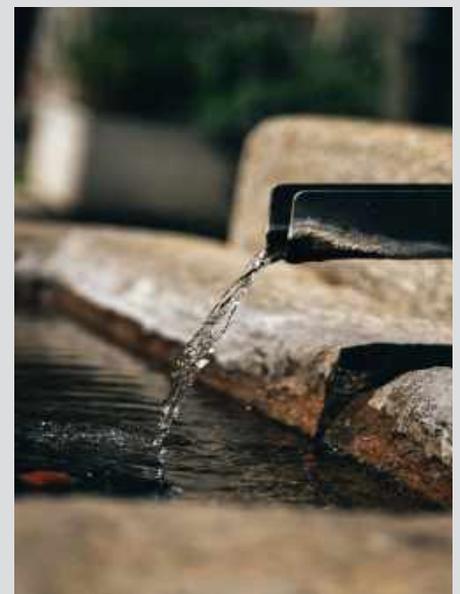
practices, contribute to the spread of viral and bacterial pathogens causing diarrheal diseases. In 2017, nearly 1.6 million people died from these diseases<sup>4</sup>. Children are most vulnerable to the impact of inadequate access to safe drinking water and sanitation. A recent study estimated the number of deaths in children under the age of five due to unsafe water and poor sanitation. In 2017, harmful water caused 143,000 deaths in children under five in sub-Saharan Africa. Likewise, unsafe water led to 9,470 child deaths in Southeast Asia, East Asia and Oceania<sup>5</sup>.

Children face water and sanitation scarcity in the school setting as well. In 2019, 584 million children had no basic drinking water facilities, while 698 million children lacked basic sanitation at their schools<sup>6</sup>. Women and girls are also vulnerable to lack of



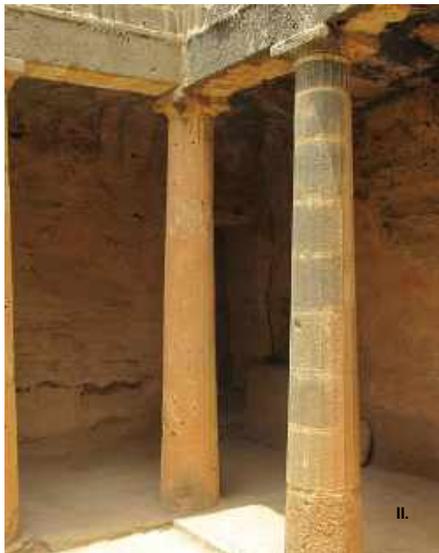
access to water and sanitation, which is required for practising menstrual hygiene<sup>7</sup>.

In the healthcare setting, an estimated 1.5 billion people use healthcare facilities that lack a sanitation service and an estimated 896 million use health care facilities that do not have a basic water service<sup>8</sup>. The 2030 Agenda for Sustainable Development includes clean water and sanitation as one of its goals, aiming to achieve universal and equitable access to safe and affordable drinking water and sanitation services for all people by 2030<sup>3</sup>. Although progress has been made in providing access to safe water and sanitation on a global scale, further regional and international investment on water, sanitation and wastewater management infrastructure and sound governance is required to meet this goal by 2030.



# A GLIMPSE OF CYPRUS

## The Tombs of the Kings<sup>9</sup>



The Tombs of the Kings is the imposing burial chamber just outside the walls to the north and east of the city of Paphos. It was designed to meet the requirements of the recently established Nea Paphos throughout the Hellenistic Period (3rd century B.C.).

The term is not related to the burial of kings, as the traditional practice was discontinued in 312 B.C., but instead to the remarkable appearance of its burial structures. The Tombs of the Kings was the site for the burial of noble administrative officers and prominent Ptolemaic figures but also

their close relatives. Throughout the Hellenistic and Roman times (3<sup>rd</sup> century B.C. to the beginning of the 4<sup>th</sup> century A.D.), the burial grounds continued to be used for this purpose. There is ample data to confirm the argument that the first Christians often utilised the area for their burials, while the site simultaneously was used as a continuous quarry. All through the Medieval period, settlers moved into some of the tombs and made changes to the initial structure.

By the turn of the 19<sup>th</sup> century, Cesnola, who badly pillaged the tombs, had already made the existence of the location known. Markides, the then



keeper of the Cyprus Museum, unearthed some shaft graves between 1915 and 1916, while in 1937 the honorary keeper of Paphos Museum, Loizos Philippou, began excavation work in several other graves. But it was only in 1977 that the Department of Antiquities undertook intensive archaeological digs, which revealed eight large grave complexes.

Several tombs are distinguished by an enclosed, open-air, peristyled rectangular atrium entirely carved into the stone. Doric-style columns supported the porticoes that encircled the atrium. The cemetery chambers and small separate cavities were carved into the sides of the porch structure for individual graves. It would appear that the walls were initially decorated with murals, but only smaller pieces are found now. The graves' architectural features are specifically related to Hellenistic designs from Alexandria, Delos, Pergamon and Priene.



**Editing team**  
**Chief Editor**  
 Georgia Tsitsa  
**Editor**  
 Liana Prastiti

**Articles**  
 Sofianos Kyriakidis

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Remedica Ltd  
**Site address:** Aharnon Street, Limassol  
**Industrial Estate,** 3056 Limassol, Cyprus  
**Mailing address:** P.O. Box 51706, 3508  
 Limassol, Cyprus  
**Tel.:** +357 25553000, **Fax:** +357 25390192  
**E-mail:** [info@remedica.com.cy](mailto:info@remedica.com.cy)  
[www.remedica.eu](http://www.remedica.eu)

