

ENHANCING ACCESS TO THERAPEUTIC RESOURCES

**THE ENDURING PARTNERSHIP
BETWEEN THE HELLENIC LEAGUE
AGAINST RHEUMATISM (ΕΛΕΑΝΑ)**

and Lake Vouliagmeni S.A.





BACKGROUND

Rheumatic and musculoskeletal diseases (RMDs) impact millions of individuals worldwide, often causing chronic pain, fatigue, and reduced mobility, which in turn lead to considerable socio-economic challenges.

Hydrotherapy, particularly in **natural spa environments**, has been proven to significantly alleviate symptoms and improve the quality of life for those affected by RMDs. Recognizing the importance of such interventions, ΕΛΕΑΝΑ has established a partnership with Lake Vouliagmeni S.A., a facility celebrated for its therapeutic natural waters, to provide affordable access to these healing resources for its members.





OBJECTIVES

This collaboration aims to **enhance the physical rehabilitation and social reintegration of individuals with RMDs** by providing affordable access to the therapeutic environment of Lake Vouliagmeni through a socially responsible initiative.





METHODS

- Lake Vouliagmeni S.A. allocates 1,000 tickets annually at significantly discounted rates to ELEANA
- These tickets are distributed to 40-50 members of ELEANA each year, enabling them to regularly engage in hydrotherapy sessions
- ELEANA oversees the equitable distribution of these tickets and promotes participation through targeted awareness campaigns





RESULTS

To date, hundreds of ELEANA members have benefited from this program. Participant feedback highlights the following outcomes:

- Substantial reductions in pain and stiffness
- Improved mobility and energy levels
- Enhanced psychological well-being, attributed to the calming natural surroundings of Lake Vouliagmeni





CONCLUSIONS

This partnership exemplifies the potential of strategic collaborations between patient associations and organizations to expand access to therapeutic resources

The initiative has provided significant physical and emotional relief to individuals with chronic conditions, reaffirming the value of hydrotherapy as a complementary treatment

Furthermore, it serves as a model for fostering similar collaborations in other therapeutic contexts

