

Project by the Slow Medicine ETS association for a measured, respectful and equitable approach to the mountains, which promotes health and well-being for all and protects the environment and biodiversity.

**MONTAGNA SLOW is:**



**MEASURED**

Montagna Slow promotes a healthy, simple and essential life, inviting to avoid the unnecessary, the surplus, the waste and the speed, to defend the natural resources and the landscape, to behave consciously and not to put your own life or others' at risk.  
**IN THE MOUNTAINS, DOING A LOT AND FAST, DOESN'T MEAN DOING IT BETTER**



**RESPECTFUL**

Montagna Slow respects the environment and the ecosystem, the people, the animals, the trees, the landscape, the culture, the history and the local traditions; it promotes self awareness and the relationship between people; it respects the harmony between the nature and its own time.

**LOVING THE MOUNTAIN MEANS RESPECTING IT**



## **EQUITABLE**

Montagna Slow fits everyone, any ages, any physical and mental conditions and any economic and social circumstances. It promotes everyone's well-being , physical, mental and spiritual health .

**THE MOUNTAIN IS HEALTH AND WELL-BEING FOR EVERYONE**

[www.slowmedicine.it/montagna-slow/](http://www.slowmedicine.it/montagna-slow/)