

Sesc

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vem viver [©]sesc RJ

Sesc+ Saúde health service clinics with mammographer.

Learn more about our clinics:

Our units are increasingly equipped for your and your family health care. Some Sesc+ Saúde health service already perform examinations such as mammograms and Papanicolau, totaling 14 exams shortly. In addition, several units also include modern dental clinics and offer care in the fields of psychology and nutrition.

Mammography



Preventive gynaecological check-ups



Dentistry



Health education



Nutrition



Come and experience Sesc

Unique benefits for workers in the Commerce and their families

We offer unique benefits for workers in the commerce, retired people, trainees, from Commerce Goods, Services and Tourism segments, and their families. Special discounts at Sesc hotels chains all over Brazil with wide range activities such as: theater plays, music concerts, exhibition, courses, workshops, tours and many more. Thus, people may enjoy exclusively a complete infrastructure with swimming pools and dental clinics at Sesc RJ units.

Learn more at sescrj.org.br
falecomagente@sescrj.org.br



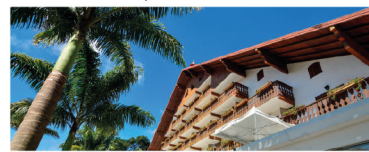
Sesc Hotels

Learn more about our hotels:



Alpina

Teresópolis



serra



Cabo Frio



praia



Copacabana



praia



Nogueira

Petrópolis



serra



Nova Friburgo



serra



Grussaí



praia

- + education
- + assistance
- + culture
- + health
- + leisure for you



More benefits, well-being and quality of life.



Fotos: divulgação

46

Sesc Units

- 21 Physical offices
- 12 Mobile units
- 6 Hotels
- 4 Culture centers
- 3 Restaurants

Check out what Sesc has to offer you

Culture

We have the largest network of theater centers in the state, as well as libraries and cultural spaces in our units. Throughout the year, we offer concerts, plays, dance and circus performances, exhibitions, literature and audiovisual activities, courses, workshops and more. We stimulate the art production and the work involved in bringing audiences, through various projects, such as the Sesc RJ Pulsar Cultural Notice and the Sesc de Inverno Festival, considered the greatest multilingual cultural event in the country.

Leisure

We offer tours and excursions throughout Brazil, recreational activities, tournaments, and courses in different modalities: gym, team sports, water sports, dancing classes and combat sports, in addition to our traditional Summer Camp. We also have a chain of hotels, which has a complete infrastructure for you to relax and enjoy yourself with family.

Social Assistance

We encourage the inclusion and promotion of citizenship through courses, workshops, lectures, and campaigns that search for the access to human rights and the social protagonism of young people, women, children, adults, and the elderly. We work together with leaderships, NGOs, and communities in social vulnerability, ensuring free access to the low-income public to our services and activities.

Sustainability: We offer workshops, courses, exhibitions and experiences in environmental education for the people of all ages, reinforcing our commitment to both sustainable and community development, promoting actions in schools, NGOs, and companies.

Mesa Brasil

We have been working for more than 23 years fighting hunger and food waste, with the Mesa Brasil Sesc RJ program.

Health care

We provide dental care, women's health exams and health education activities throughout the state through our Mobile Units. When it comes to nutrition, taste and health are always on the menu of our 2 restaurants, 3 bistros and 9 snack bars located in our Sesc units.

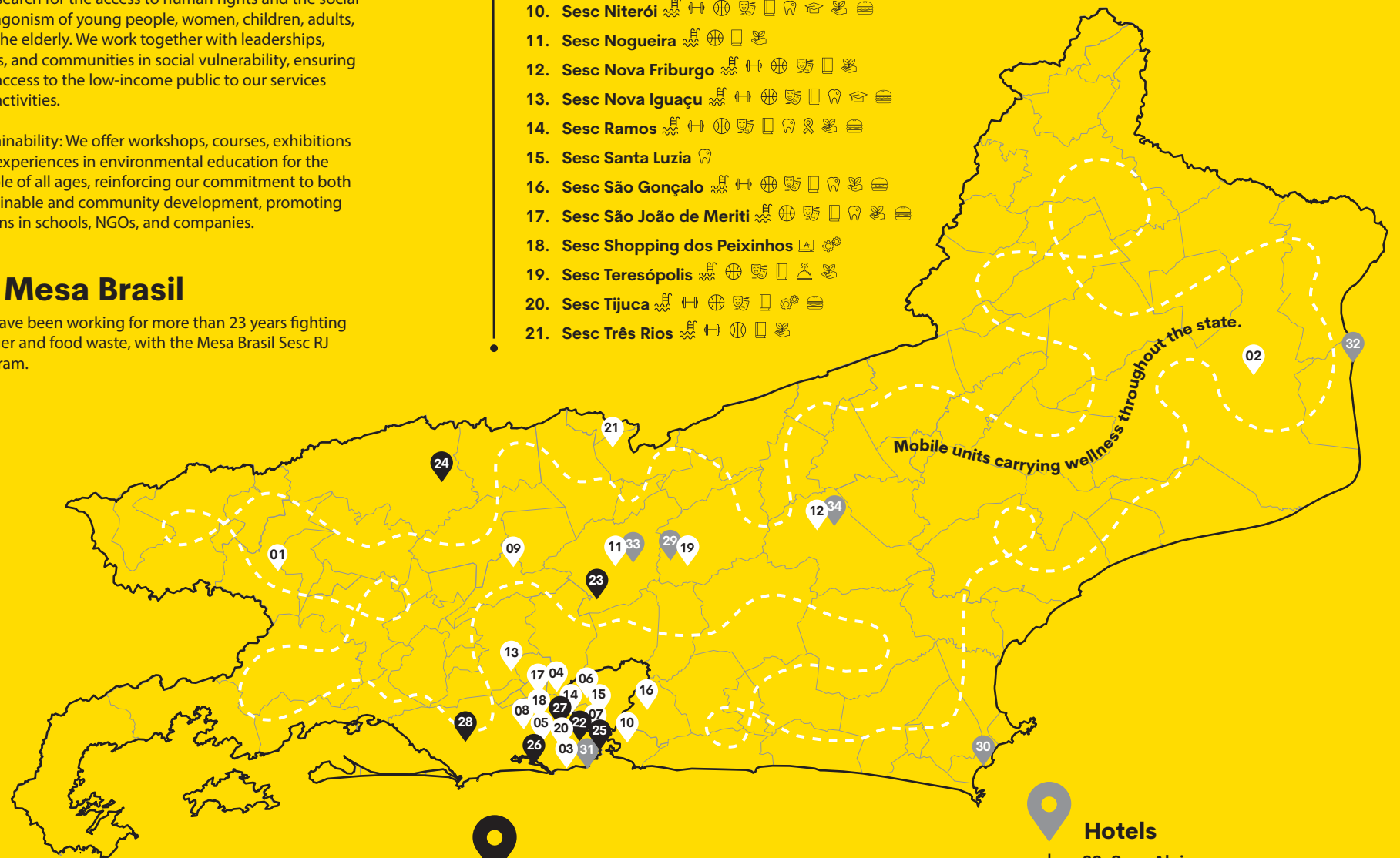
Education

Besides Early Childhood Education schools, we also offer several courses, such as languages (English/Spanish), preparatory course for entrance exams, workshops and many activities in the field of art, science, and technology, as well as second shift school activities.

Units

1. Sesc Barra Mansa
2. Sesc Campos
3. Sesc Copacabana
4. Sesc Duque de Caxias
5. Sesc Engenho de Dentro (em obras)
6. Sesc Fazendinha
7. Sesc Ginástico (em obras)
8. Sesc Madureira
9. Sesc Miguel Pereira
10. Sesc Niterói
11. Sesc Nogueira
12. Sesc Nova Friburgo
13. Sesc Nova Iguaçu
14. Sesc Ramos
15. Sesc Santa Luzia
16. Sesc São Gonçalo
17. Sesc São João de Meriti
18. Sesc Shopping dos Peixinhos
19. Sesc Teresópolis
20. Sesc Tijuca
21. Sesc Três Rios

- Swimming pool
- Gym
- Field, court and/ or gym
- Theatre centers
- Library
- Sesc+ Health with dental clinic program
- Sesc+ Clinical health with mammography program
- Kindergarten schools
- Bistro
- Sesc and Senac Classrooms
- Maker space
- Green space
- Snack bar



Cultural Spaces

22. Arte Sesc
23. Centro Cultural Sesc Quitandinha
24. Teatro Sesc Rosinha de Valença
25. Bistrô Sesc Convento do Carmo

Restaurants

26. Sesc Restaurante BarraShopping
27. Sesc Restaurante NorteShopping
28. Sesc Restaurante Campo Grande

Hotels

29. Sesc Alpina
30. Sesc Cabo Frio
31. Sesc Copacabana
32. Sesc Grussaí
33. Sesc Nogueira
34. Sesc Nova Friburgo

Mobile Units

- BiblioSesc (4 units)
- OdontoSesc (6 units)
- Sesc Saúde Mulher (2 units)

Sesc: The greatest social welfare program in Brazil.