



Staff Health & Wellbeing DECEMBER EVENTS

The Health Improvement Team's vision is to improve, enhance and support the health and wellbeing of our staff by addressing their health experiences and outcomes. Click on the links for more information...

- [B Well Information Session](#)
- [Top Tips Training](#)
- [World AIDS Day - Big Red Walk](#)
- [Are You Winter Ready?: 10 Energy Saving Tips](#)
- [Buying Safe Toys Online](#)
- [Energy Efficiency in the Home Session](#)
- [Suicide Awareness Loss Day](#)
- [Carer Online Programme](#)
- [Parenting Your Teen](#)
- [Local Champions Video](#)
- [Do Good December – Action for Happiness](#)



Visit the [BWell](#) website today!