



HAPPY NEW YEAR

Staff Health & Wellbeing JANUARY 2022 - 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...



- [Happier January 2022](#)
- [Dry January](#)
- [Freebies and Events for Dry January](#)
- [BWell You Matter Staff Survey](#)
- [Libraries NI Health Events](#)
- [Energy Efficiency in the Home Webinars](#)
- [Male Victims of Domestic Violence](#)
- [Top Tips Training](#)
- [Staff Couch to 5K running programme](#)
- [B Well Information Sessions](#)
- [Mindwise NI Help with Money, Debt & Benefits](#)
- [Nutrition Information Sessions](#)

Visit the [BWell](#) website today!