



Staff Health & Wellbeing

FEBRUARY 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...



- [World Cancer Day](#)
- [Feel Good February Workshops](#)
- [Friendly February 2022](#)
- [A Healthier You - Live Cookery Demo](#)
- [Internet Safety for Parents Session](#)
- [Cycle More in 2022](#)
- [What's Coming Up in Cycling](#)
- [Five to Thrive Training](#)
- [Libraries NI – Health Events](#)
- [Mental Health and Suicide Prevention Training Needs](#)
- [Children's Mental Health Week](#)
- [Let's talk Sex – Sexual Health Week](#)
- [B Well Information Session](#)
- [Top Tips for Looking After Yourself](#)

Visit the [BWell](#) website today!