



# HEALTH & WELLBEING SESSIONS

The Health Improvement Team on World Health Day would like to invite you to an information session on how to look after your health and wellbeing.

The aim of this session is to provide staff with support and information on a wide range of health and wellbeing issues.

How we live our lives has changed immeasurably over the past year, but it is vital that we take time to think about our own health and the wellbeing of others such as service users or family members. Guidance for staff is in the Management of Stress and Wellbeing Policy.

## SESSION DATES:

**TUESDAY 13TH APRIL 11.00 - 11.30**

**FRIDAY 16TH APRIL 12.00 - 12.30**

**MONDAY 19TH APRIL 10.00 - 10.30**

**THURSDAY 22ND APRIL 16.00 - 16.30**

**WEDNESDAY 28TH APRIL 14.00 - 14.30**

To register for an Information Session please email:  
[health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net) and a MS Teams link will be sent.