

# STAFF WELLBEING FESTIVAL



## OCT-NOV 2024

### MINDFULNESS/ MENTALHEALTH

#### Managing Burnout and Stress

**DATE**  
8 Oct, 2024

**TIME**  
10:00AM-11:00AM

**LOCATION**  
online, MS Teams

#### Mindtime Evening Courses

**DATE**  
8 Oct, 2024

**TIME**  
18:30-21:30

**LOCATION**  
online, MS Teams

#### Worklife Balance

**DATE**  
9 Oct, 2024

**TIME**  
16:00-17:00

**LOCATION**  
online, MS Teams

#### Art For Mental Wellbeing

**DATE**  
10 Oct, 2024

**TIME**  
12:00- 13:00

**LOCATION**  
online, MS Teams

### WOMENS HEALTH

#### Understanding Menopause

**DATE**  
14 Oct, 2024

**TIME**  
12:00-13:00

**LOCATION**  
online, MS Teams

#### Dr Jennifer Cusak- I have muscle pains and brain fog- is this menopause?

**DATE**  
17 Oct, 2024

**TIME**  
12:00-13:00

**LOCATION**  
online, MS Teams

#### Unlocking Menopause Course

**DATE**  
18 and 19 Oct 2024

**TIME**  
09:30-15:30

**LOCATION**  
online, MS Teams

#### Looking After Your Body

**DATE**  
15 Oct 2024

**TIME**  
15:00-16:00

**LOCATION**  
online, MS Teams

### RECOGNISING AND MANAGING STRESS

#### Recognising and Managing Stress

**DATE**  
22 Oct, 2024

**TIME**  
TBC

**LOCATION**  
online, MS Teams

#### How to improve your sleep

**DATE**  
23 Oct, 2024

**TIME**  
11:00-12:00

**LOCATION**  
online, MS Teams

#### Living With a Long Term Health Condition

**DATE**  
24 Oct, 2024

**TIME**  
TBC

**LOCATION**  
online, MS Teams

### FINANCIAL WELLBEING

#### Cost of Living

**DATE**  
28 Oct, 2024

**TIME**  
TBC

**LOCATION**  
online, MS Teams

#### Budgeting and Saving

**DATE**  
29 Oct, 2024

**TIME**  
TBC

**LOCATION**  
online, MS Teams

### MENS HEALTH

#### Men's Wellbeing

**DATE**  
05 Nov, 2024

**TIME**  
TBC

**LOCATION**  
online, MS Teams

#### Men's Mental Health

**DATE**  
06 Nov, 2024

**TIME**  
11:30-12:30

**LOCATION**  
online, MS Teams

### NUTRITION/HEALTH AND WELLBEING

#### Food and Mood

**DATE**  
12 Nov, 2024

**TIME**  
TBC

**LOCATION**  
online, MS Teams

#### Winter Wellness

**DATE**  
13 Nov,, 2024

**TIME**  
TBC

**LOCATION**  
online, MS Teams

#### Movement, Posture and Stretching

**DATE**  
14 Nov,2024

**TIME**  
17:00-18:00

**LOCATION**  
online, MS Teams

REGISTER NOW



SCAN ME

