

If you are unable to join either session, they will be recorded and circulated.



FUN & INTERACTIVE

# Wellbeing Virtual Workshop

*for a healthy, happy life*



*Join Dr Helen Garr on a journey of wellbeing ending in Rome. Dr Garr is the new medical Director at NHS Practitioner Health.*

What's in it for you?



- *Take away free, evidenced based practical tips, tools and ideas you can start doing today to improve your wellbeing at home and work.*
- *Learn 5 ways to wellbeing - see how a Japanese word, a little bit of Wham and discovering what your colleague had for their tea last night can make a positive difference to neural pathways and wellbeing.*

## TIMES & DATES

13th July 14:30-15:00pm

15th July 11:30-12:00pm

**A LINK WILL BE CIRCULATED TO ALL STAFF A FEW DAYS PRIOR TO THE EVENT**