

# Staff Health & Wellbeing

# JULY

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...

- ⇒ [July Action for Happiness Calendar](#)
- ⇒ [Libraries NI Zoom Sessions](#)
- ⇒ [Staff Walking Groups](#)
- ⇒ [Your Financial Wellbeing – free online event](#)
- ⇒ [Menopause and Me: Digital Toolkit for staff and managers](#)
- ⇒ [Taking Care in the Sun](#)
- ⇒ [B Well Information Sessions](#)
- ⇒ [Staff Active Travel Stories](#)
- ⇒ [Role of Sustrans Video](#)
- ⇒ [Benefits of Being Active](#)
- ⇒ [HIV Awareness Training](#)



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