



Staff Health & Wellbeing October 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...

- [Menopause Awareness](#)
- [Top Tips for Looking After Yourself Training](#)
- [Health Literacy Training: B Well](#)
- [Challenge-negative-thinking-webinar: B Well](#)
- [Sexual Health Conference](#)
- [Breast Cancer Awareness](#)
- [28 day Stop Smoking Challenge](#)
- [B Well Information Sessions](#)