



Do you want to know how to improve your health and wellbeing?

Join our virtual information session to find the support and tools you need to make positive lifestyle changes.

Information Session Dates and Times:

- Tuesday 26 April 10.30am-11am
- Tuesday 17 May 11am-11.30am
- Friday 24 June 2pm-2.30pm

To register and receive a Teams link please email: health.improvement@belfasttrust.hscni.net

“I didn’t realise that so much support was available to staff”

