



# 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.*

**The next Information Session Date is**  
Friday 24 June 2pm-2.30pm

To register and receive a Teams link please email:  
[health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net)

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

