

# Staff Health & Wellbeing October

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...

- ⇒ [Action for Happiness Calendar](#)
- ⇒ [World Mental Health Day](#)
- ⇒ [Breast Awareness Information Sessions](#)
- ⇒ [HIV Awareness Sessions](#)
- ⇒ [Stoptober](#)
- ⇒ [On Your Feet Training](#)
- ⇒ [Top Tips Programme](#)
- ⇒ [Health Literacy Month Seminars](#)
- ⇒ [World Menopause 2022 Event](#)
- ⇒ [Sexual Health Conference](#)
- ⇒ [International Men's Day](#)
- ⇒ [Bwell Information Sessions](#)
- ⇒ [Belfast Festival of Learning](#)
- ⇒ [Couch to 5K October Programme](#)
- ⇒ [Mental health and Emotional Wellbeing Webinar](#)
- ⇒ [Menopause Information Events](#)



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