



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

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

*Freebies offered to those who attend.*

## **INFORMATION SESSION DATES AND TIMES:**

- **Friday 6 January 2023 :**           **1pm – 1.30pm**
- **Tuesday 14 February 2023 :**   **12.45pm – 1.15pm**
- **Tuesday 14 March 2023 :**       **12.45pm – 1.15pm**

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

To organise a bespoke session for a group of staff or Team please email Donna Rooney –  
[donna.rooney@belfasttrust.hscni.net](mailto:donna.rooney@belfasttrust.hscni.net)



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