

Staff Health & Wellbeing September

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...

- ⇒ [Bwell Information Sessions](#)
- ⇒ [Stoptober](#)
- ⇒ [Strength & Balance Classes](#)
- ⇒ [Parenting NI Sessions](#)
- ⇒ [Workshops for Parents Living in Belfast](#)
- ⇒ [Leading the Way](#)
- ⇒ [Road to Relaxation](#)
- ⇒ [Developing Self Compassion Online for Nursing Staff study](#)
- ⇒ [Financial Wellbeing](#)
- ⇒ [Sustaining Good Mental Health with good Relations](#)
- ⇒ [Creating Hope Through Action](#)
- ⇒ [World Suicide Prevention Day](#)
- ⇒ [Warm and Well Week](#)



Visit the [BWell](#) website today!