



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:

- **Tuesday 18 April 2023 :** **12.45pm – 1.15pm**
- **Thursday 18 May 2023 :** **12.45pm – 1.15pm**
- **Monday 12 June 2023 :** **12.45pm – 1.15pm**

To register and receive an MS Teams link please email:
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



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