



March

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...

- ⇒ [Mindful March](#)
- ⇒ [Mindfulness by Aware](#)
- ⇒ [Chair Based Exercise](#)
- ⇒ [Compassion Fatigue](#)
- ⇒ [Cultivating Self Compassion](#)
- ⇒ [bWell Information Sessions](#)
- ⇒ [Belfast Recovery College](#)
- ⇒ [March - No Smoking Month](#)
- ⇒ [Bwell Poster](#)
- ⇒ [Spring Safety Event](#)
- ⇒ [Carer Support Activity Calendar](#)
- ⇒ [Ovarian Cancer](#)
- ⇒ [Shaping Caring Together](#)
- ⇒ [HIV Awareness Sessions](#)
- ⇒ [Menopause & Diabetes](#)
- ⇒ [Wellbeing Webinar](#)
- ⇒ [Horticulture Sessions](#)
- ⇒ [Top Tips for Looking After Yourself](#)
- ⇒ [Community Resilience Workshop](#)
- ⇒ [Delirium Awareness Week](#)
- ⇒ [Information Session on supporting staff with a mental health condition](#)
- ⇒ [Sustrans Leading the Way](#)



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