



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

Join a virtual information session to find the support and tools you need to make positive lifestyle changes. Freebies given to those who attend.

Information Session Dates and Times:

- Monday 31ST July 12.45-1.15pm
- Thursday 17th August 12.45-1.15pm
- Tuesday 19th September 12.45-1.15pm

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”

