

Calling all Staff!

GET YOUR STEP COUNT UP!

LUNCHTIME WALKS

The Health Improvement Team would like to invite staff to take part in weekly lunchtime walks. Along with the physical and mental benefits of taking part, you will also have the opportunity to find out about health and wellbeing information and resources available to you in the BHSCT, along with meeting new staff.

- LOCATION:** RVH and BCH (all walks approx 1.5 miles)
TIME: Mondays and Fridays throughout September and October
REGISTER: Health.Improvement@belfasttrust.hscni.net
FOR MORE INFO: donna.rooney@belfasttrust.hscni.net

Monday 11th Sept 23 - Monday 25th Sept 23
Meet at front of BCH Cancer Centre 12.30pm for 30 min walk

Friday 6th Oct 23 - Friday 27th Oct 23
Meet at front of BCH Cancer Centre 12.30pm for 30 min walk



Friday 8th Sept 23 - Friday 22th Sept 23
Meet at front of RVH Elliot Dynes 12.30pm for 30 min walk

Monday 2nd Oct 23 - Monday 23rd Oct 23
Meet at front of RVH Elliot Dynes 12.30pm for 30 min walk

WALKING FOR
HEALTH

Click here to visit the 'bWell' site

