

# January

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.

- [Action for Happiness Calendar](#)
- [Blue Monday](#)
- [Blue Monday Money and Pension Service](#)
- [Here4U Activities Launched](#)
- [How to Have a Wellbeing Conversation Webinars](#)
- [Wellbeing and Resilience Accredited Courses](#)
- [Couch 2 5K](#)
- [bWell Interactive Flyer](#)
- [Staff Care Leaflet](#)
- [Menopause and Mood](#)
- [Mental Health First Aid](#)
- [Slow Cooker training](#)
- [Active Travel Roadshows](#)
- [Training, advice and Support on being active](#)
- [CRIS Information Leaflet](#)
- [South Belfast Cost of Living Plan](#)
- [Just One Thing with Michael Mosley](#)
- [Belfast Recovery College Prospectus](#)
- [Parenting Your Teen Training](#)
- [Public Health Dietitians Winter Newsletter](#)
- [Carer Support Activity Calendar](#)
- [Travel Bytes Newsletter](#)
- [Parenting Family Member area](#)

