

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.

- [Action for Happiness Calendar](#)
- [March to Safety Calendar](#)
- [World Sleep Day](#)
- [World Delirium Day](#)
- [Ovarian Cancer Awareness](#)
- [Free Online Stress Control Class](#)
- [HIV Awareness Sessions](#)
- [Belfast Recovery College Calendar](#)
- [Creative Staff Wellbeing Programmes](#)
- [Ravine Easter Trail](#)
- [Carers Support Service Activity Programme](#)
- [Women into Cycling](#)
- [Neurodiversity and Mental Health Training](#)
- [Oral Health Day](#)
- [Nutrition and hydration Week](#)
- [Cancer Research UK Information Stands](#)
- [No Smoking Month](#)
- [International Women's Day](#)
- [Money Advice Clinics](#)

