

Staff Health & Wellbeing

INFORMATION SESSIONS

Please click on dates or
contact us to register for sessions



[bWell for more information
on your health and wellbeing](#)

1 **bWell**

Join us to find out how
the Trust can support your
health and wellbeing.

19th Jan @ 12.30pm - 1pm

9th Feb @ 12.30pm - 1pm

30th Mar @ 12.30pm - 1pm

2 **Top Tips for Looking after Yourself**

Do you want to learn strategies
to manage stress and improve
your emotional wellbeing?

19th Jan @ 2pm - 4.30pm

3 **Take 5 Steps to Wellbeing**

Join us to explore 5 simple steps
we can do to maintain and
improve wellbeing.

5th Jan @ 12.30pm - 1pm

17th Feb @ 12.30pm - 1pm

24th Mar @ 12.30pm - 1pm

Health Improvement & Public Health Dietitians

We are offering visits to individual departments with a health and
well-being information stand. If you would like to find out more, you
can use the contact details below.

Contact us

For queries, booking requests, or to organise in-person
training, please contact:

health.improvement@belfasttrust.hscni.net