

# 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.

13<sup>th</sup> April @ 12.30pm - 1pm

6th May @ 12.30pm - 1pm

16th June @ 12.30pm - 1pm

### 2 **Top Tips for Looking after Yourself**

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

20<sup>th</sup> April @ 2pm - 4.30pm

### 3 **Take 5 Steps to Wellbeing**

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

14th April @ 12.30pm - 1pm

5th May @ 12.30pm - 1pm

15th June @ 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](mailto:health.improvement@belfasttrust.hscni.net)