

# Staff Health & Wellbeing

## INFORMATION SESSIONS

Please click on dates or  
contact us to register for sessions



### 1 bWell

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

7<sup>th</sup> July @ 11am - 11.30am

5<sup>th</sup> August @ 11am - 11.30am

14<sup>th</sup> September @ 11am - 11.30am

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

### 2 Top Tips for Looking after Yourself

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

### 3 Take 5 Steps to Wellbeing

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

20<sup>th</sup> July @ 11am - 11.30am

12<sup>th</sup> August @ 11am - 11.30am

22<sup>nd</sup> September @ 11am - 11.30am

## 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)