

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.

7th July @ 11am - 11.30am

5th August @ 11am - 11.30am

14th 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?

28th July @ 2pm - 4.30pm

18th August @ 2pm - 4.30pm

3 Take 5 Steps to Wellbeing

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

20th July @ 11am - 11.30am

12th August @ 11am - 11.30am

22nd 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