

Wellbeing Calendar

April 2024.



Wellbeing Webinars with The Vitality Coaches:

Neurodiversity in the Workplace

Thursday 4th April
3pm - 4pm

[Register](#)



Managing Stress and Anxiety.

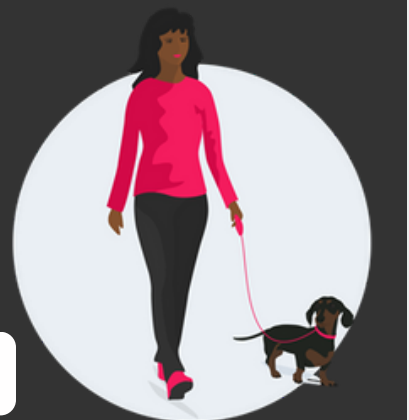
Wednesday 10th April
11am - 12pm

[Register](#)

Preventing Burnout.

Wednesday 24th April
11am - 12pm

[Register](#)



Lunchtime Talk with Vitality VIPs:

Bowel Cancer Awareness Lifestyle tips to help avoid bowel cancer

Thursday 25 April
1pm - 1.30pm

[Register](#)



Wellbeing Class:

Yoga Flow Class with Live Brave

Monday 15 April
1pm - 1.30pm

[Register](#)



Wellbeing Calendar 2024.



January.	February.	March.	April.	May.	June.
Lunchtime Talks					
New Year Focus <u>How to start (and keep) healthy habits</u> 25th January	How to Beat the February Blues 26th February	International Women's Day <u>The incredible rise of women's sport with Gabby Logan</u>	Bowel Cancer Awareness Month <u>Lifestyle tips to reduce risk of bowel cancer</u> 25th April	Mental Health Awareness Week Mental health in conversation	World Environment Day Sustainable habits: small changes can help save the planet
Wellbeing Webinars with the Vitality Coaches					
Small Steps to Success: Motivation and Goal Setting 15th January	Time to Talk Day Making Sense of Mental Health 1st February	Nutrition Week What the Body Needs 6th March	World Autism Day Neurodiversity in the Workplace 4th April	Making Sense of Mental Health 13th May	How to Build Your Own Exercise Programme 4th June
Exercise and the Motivation Myth 24th January	Perfecting Your Workplace Posture 20th February	World Sleep Day Sleep Well, Perform Better 11th March	Stress Awareness Month Positive Wellbeing Strategies: Managing Stress and Anxiety 10th April	Moving More for your Mental Health 14th May	Eat Smart: Understanding Food Labels and Portion Sizes 20th June
Yoga with Milly					
Yoga Flow 12th January	Yoga Flow 12th February	Yoga Flow 18th March	Yoga Flow 15th April	Yoga Flow	Yoga Flow

