

Healthy Working Lives - Virtual Autumn Week: 7 - 11 September 2020

Lunchtime
Steps
Challenge



Money Advice & self
help toolkit



Mindfulness
Sessions



Eating
and
Wellbeing
Events



Carers
Support

Be Happy, Be Healthy, Be You!

Physio led
Exercise
Classes



Active
Selfie
Challenge



Cycle
September 

Further information available on
Mytoolkit/Employee Health and
Wellbeing/Wellbeing Events