



healthyperformance®



# Wellbeing for Remote Workers

**Mon 30th March - AM Session: 11:30 - 12:00 | PM Session: 13:30 - 14:00**

Healthy Performance specialise in wellbeing and recognise that the current climate is encouraging that where possible, everyone works from home. So in light of the current situation we are running a FREE 30 minute webinar about working from home including some top tips to share with colleagues covering various topics:

**FREE**  
30 minute  
webinar

## Webinar Topics



### Nutrition

Foods to help boost your immune system and energy



### Hydration

Importance of hydration to maintain energy levels



### Backcare

Taking care of your back when working from home



### Activity

Keeping active at home and in your garden



### Mental Health

Coping mechanisms and maintaining a balance



### General

Preparing for a day at home

## How to register

1. Visit [www.healthyevents.co.uk](http://www.healthyevents.co.uk)
2. Enter code: **REMOTE**
3. Add your details

## Haven't got time to attend?

Don't worry, it's a busy time! If you'd like a recorded version of the webinar, or a PDF of top tips to share with colleagues please email us and we'll send this after the webinar.