



healthyperformance®



Wellbeing for Remote Workers

Tues 24th March - AM Session: 10:00 | PM Session: 13:00

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
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.