

# Wellbeing Webinars



## Remote Workers



- ▶ Taster Webinar
- ▶ Nutrition
- ▶ Activity
- ▶ Mental Health
- ▶ Backcare

NEW

Webinars  
**30-45**  
Minutes

## Activity



- ▶ Beginner guide to running a 5K
- ▶ Keeping active on the road
- ▶ Maximising your fitness
- ▶ Get active for life

## General Wellbeing



- ▶ Financial Wellbeing
- ▶ Sleep management
- ▶ Winter health
- ▶ Time management strategies

## Nutrition



- ▶ Brain foods
- ▶ Food for thought
- ▶ Sport nutrition
- ▶ Weight management mindset

## Mental Health



- ▶ Introduction to Mindfulness
- ▶ Family life and emotional health
- ▶ Building personal resilience
- ▶ Understanding depression