

Wellbeing Healthy Workforce:

"A year from now you will wish you had started today ..."



All sessions on-line or face to face, are delivered free of charge.

- 1:1 My Wellbeing Checks
- Stress reduction and emotional wellbeing
- Smoking cessation
- Sensible drinking
- Menopause in the workplace
- Pre-diabetes
- Sleep
- Healthy Eating
- Exercise and activity
- NHS Health Checks (aged 40 yrs +)
- Dementia Friends Sessions

arun wellbeing



For more information and to book a session contact Sarah Day,
Workplace Wellbeing Coordinator 01903 737865 sarah.day@arun.gov.uk

Arun Wellbeing @ArunWellbeing @arun_wellbeing