




# WELLBEING WEBINARS

## Good Care Month – July 2022

Attend our KeepingWellNEL Good Care wellbeing webinars and take good care of yourself, in the way you do for others.

### SLEEP WEBINAR


 **Tuesday**  
12/07/22

 **Time**  
12:00-13:00

 **About**

Join our online, free webinar and learn practical tools & tips to help you achieve a more restful nights sleep.

### WELLBEING SUMMIT


 **Tuesday**  
19/07/22

 **Time**  
10.00-14.00

 **About**

This month's Summit will focus on self-care and the little things you can do to make a difference.

### REACT-MH TRAINING

 **Wednesday**  
20/07/22


 **Time**  
12.00-13.00

 **About**

Evidenced based training, aiming to help supervisors have supportive, mental health conversations with colleagues.

### SHARE & SHAPE - CARE ROLES

 **Thursday**  
21/07/22

 **Time**  
13.00-14.00

 **About**

A safe and confidential space to offer suggestions, provide feedback and discuss wellbeing issues.



**REGISTER NOW!**

