




Wellbeing webinars 2024

We'd like to invite you to join us at our upcoming webinars throughout April to June 2024.

Dive into 45 minutes of insightful knowledge and gain a deeper understanding on various topics. Every session includes a chance for you to participate in a live Q&A session to explore anything raised in the webinar in more detail.


Wellbeing support

 Date: Thursday 11th April

 Time: 11am

[Book now](#)


Retiree support

 Date: Wednesday 17th April

 Time: 10:30am

[Book now](#)


Women's health


 Date: Thursday 9th May

 Time: 2pm

[Book now](#)

Mental wellbeing support

 Date: Monday 13th May

 Time: 12pm

[Book now](#)

Wellbeing through inclusivity


 Date: Wednesday 15th May

 Time: 11am

[Book now](#)

Wellbeing support

 Date: Tuesday 21st May

 Time: 4pm


[Book now](#)

Why sleep is important


 Date: Friday 31st May

Support for carers

 Date: Wednesday 12th June


 Time: 11am


[Book now](#)

 Time: 11am

[Book now](#)

Understanding men's health

 Date: Thursday 13th June

 Time: 11am

[Book now](#)

[View the full webinar schedule](#)