January Byents





Top picks for January from our Phase 3 HealthWell Programme



NI Chest Heart & Stroke Throughout the day



Click here Use Code: eahc21

Various dates throughout January

Circuit Training Rvan's Gym 7.00am - 7.45am



Click here

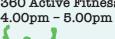
Yoga Fundamentals

Gary Milligan, Fitness Relfast.



Click here

Pilates Level 1 Anne Bresland, 360 Active Fitness





Zumba

Anne Bresland, 360 Active Fitness 7.00pm - 8.00pm



Click here



Pilates Level 2

Anne Bresland, 360 Active Fitness 4.00pm - 5.00pm



Click here



Yoga Fundamentals

Gary Milligan, Fitness Belfast

12.30pm - 1.30pm



Click here



Mental Health Awareness for Line Managers

Health Matters 2.00pm - 5.00pm



Click here



New Year Nutritional Reset - 4 week course

Vital Nutrition 12.00pm - 1.00pm



Click here January

New Year Nutritional Reset - 4 week course (every Thursday) Vital Nutrition

4.00pm-5.00pm

Click here

3

Suicide Prevention for EA Mental Health First Aiders

Jim Weir/Lucy Moore 9.30am - 1.30pm



Click here

January

Mental Wellbeing for **Staff Remote Working**

Health Matters 4.00pm - 5.30pm



Click here

Tai Chi

Ryan McQuillan 4.30pm - 5.15pm



Click here

Domestic & Sexual Violence & Abuse Training Women's Aid 2.00pm - 5.00pm



Click here

Goal Setting Workshop

Recharge You 4.00pm - 5.00pm



Click here

January

Separation & Complex **Family Configurations**

Bronagh Starrs 4.00pm - 5.00pm



Click here

January

Effective Hybrid Working - Staff Session

Inspire 10.00am - 12.00pm



Click here

Managing Personal Stress

Health Matters 10.00am - 11.30am



Click here

Healthy Living Session Action Cancer

3.00pm - 4.00pm



Click here

Menopause, Impact on Mental Health & your **Pension**

Money & Pensions Service 4.00pm - 5.30pm



January

Effective Hybrid Working -**Line Managers Session**

Inspire 10.00am - 12.00pm



For any queries please contact the Health and Wellbeing team at healthandwellbeing@eani.org.uk