

January Events

Top picks for January from our Phase 3 HealthWell Programme

Online Health Checks
NI Chest Heart & Stroke
Throughout the day



[Click here](#)
Use Code: eahc21

Various dates throughout January

Circuit Training
Ryan's Gym
7.00am - 7.45am



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04 January

Yoga Fundamentals
Gary Milligan, Fitness
Belfast
5.00pm - 6.00pm



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04 January

Pilates Level 1
Anne Bresland,
360 Active Fitness
4.00pm - 5.00pm



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05 January

Zumba
Anne Bresland,
360 Active Fitness
7.00pm - 8.00pm



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05 January

Pilates Level 2
Anne Bresland,
360 Active Fitness
4.00pm - 5.00pm



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06 January


Yoga Fundamentals
Gary Milligan, Fitness
Belfast
12.30pm - 1.30pm



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07 January

Mental Health Awareness for Line Managers
Health Matters
2.00pm - 5.00pm



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10 January

New Year Nutritional Reset - 4 week course (every Tuesday)
Vital Nutrition
12.00pm - 1.00pm



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11 January


New Year Nutritional Reset - 4 week course (every Thursday)
Vital Nutrition
4.00pm - 5.00pm



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13 January

Suicide Prevention for EA Mental Health First Aiders
Jim Weir/Lucy Moore
9.30am - 1.30pm



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14 January

Mental Wellbeing for Staff Remote Working
Health Matters
4.00pm - 5.30pm



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18 January

Tai Chi
Ryan McQuillan
4.30pm - 5.15pm



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18 January

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



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18 January

Goal Setting Workshop
Recharge You
4.00pm - 5.00pm



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19 January

Separation & Complex Family Configurations
Bronagh Starrs
4.00pm - 5.00pm



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19 January

Effective Hybrid Working - Staff Session
Inspire
10.00am - 12.00pm



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20 January

Managing Personal Stress
Health Matters
10.00am - 11.30am



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25 January

Healthy Living Session
Action Cancer
3.00pm - 4.00pm



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25 January

Menopause, Impact on Mental Health & your Pension
Money & Pensions Service
4.00pm - 5.30pm



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26 January

Effective Hybrid Working - Line Managers Session
Inspire
10.00am - 12.00pm



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27 January

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