

Health & Wellbeing

Term 3 Programme April - June 2024

Upcoming sessions during April



Benenden Information Session
Benenden Health
Tuesday 16 April 2024 at 12.30pm
Tuesday 16 April 2024 at 4.00pm
Wednesday 17 April 2024 at 12.30pm
Wednesday 17 April 2024 at 4.00pm

We are delighted to be able to offer all staff, teaching and non-teaching in schools and services the opportunity to join an NHS complementary healthcare scheme in partnership with Benenden Health. EA Corporate members no longer have a 6 month qualifying period to access Physio, diagnostics or treatment. Find out more about [the information sessions here](#)



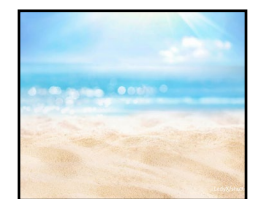
Pilates
Anne Bresland
Tuesday's from 6pm to 7pm on the following dates:
Tuesday 16, 23, 30 April
Tuesday 14, 21, 28 May
Tuesday 4, 11, 18 June

Join Anne on Zoom every week for Pilates, during the class Anne will provide gentle options for beginners and more advanced options for those ready for a bigger challenge. [Register your place here.](#)



Skin Scanning Service
Cancer Focus NI

Cancer Focus NI invites EA Staff to a Skin Scanning Service, undertaking a skin scan will reveal the levels of skin damage that you wouldn't normally be able to see. It will reveal any brown spots, freckles and redness, all of which are usually signs of skin damage. [Find out more here](#)



Belfast Office 17 April 2024 from 11.30am – 2.30pm

Health & Wellbeing



Eating Disorders Awareness Session

Wednesday 17 April 2024 4.00pm - 5.00pm

This webinar aims to increase awareness of Eating Disorders and the difficulties and impacts faced from living with an eating disorder. It will also consider tips for supporting someone and what recovery might look like.

[Register your place here](#)



Yoga

Yoga with Gary

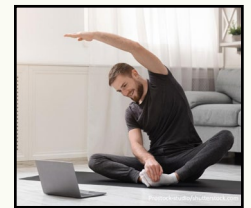
Thursday's from 6.00pm - 7.00pm on the following dates:

Thursday 18, 25 April

Thursday 2, 9, 16, 23 May

Thursday 6, 13, 20 June

We are thrilled to be hosting this Yoga Fundamentals Online progressive programme which is inspired by Gary's award winning BroFlo, his Vinyasa styled YogaFlo, and his chillllllled out Yin Yoga. [Register your interest here](#)



EA Running Network Meet Up

Antrim Parkrun

Saturday 21 April 2024. Run commences at 9.30am

Join colleagues from the EA Running Network at Antrim Parkrun. [Register your interest here](#). To hear more about the Running Network email healthandwellbeing@eani.org.uk



EA Open Water Meet Up - Port Muck

Wildswim.ie

Saturday 27 April 2024 from 11.00am - 1.00pm

Come along to meet up with fellow EA Open Water Swimmers along with Mo and Paul from Wildswim.ie at Port Muck. [Register your interest here](#)



Health & Wellbeing



Upcoming sessions during May



EA May Movers Step Challenge Wednesday, 1 May 2024 to Friday 31 May 2024

To mark National Walking Month throughout May we are encouraging you to take part in our EA Step Challenge.

[Register your team here](#)



Tai Chi with Ryan 4 week sessions

Wednesday 1 May 2024 from 5.30pm - 6.15pm

Wednesday 8 May 2024 from 5.30pm - 6.15pm

Wednesday 15 May 2024 from 5.30pm - 6.15pm

Wednesday 22 May 2024 from 5.30pm - 6.15pm

Help develop your strength, balance and flexibility with a series of slow and fluid movements that can help promote relaxation and reduce stress. [Register your interest here](#)



Benenden Information Session Benenden Health

Tuesday 7 May 2024 at 12.30pm

Tuesday 7 May 2024 at 4.00pm

Wednesday 8 May 2024 at 12.30pm

Wednesday 8 May 2024 at 4.00pm

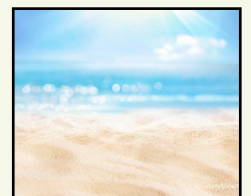
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[Find out more about the information sessions here](#)



Skin Scanning Service Cancer Focus NI

Cancer Focus NI invites EA Staff to a Skin Scanning Service, undertaking a skin scan will reveal the levels of skin damage that you wouldn't normally be able to see. It will reveal any brown spots, freckles and redness, all of which are usually signs of skin damage.



Armagh Office 9th May 2024 from 11.30am - 2.30pm

[Find out more here](#)

Health & Wellbeing



Financial
Wellbeing

Money Guiders Scam Awareness and Prevention Monday 13 May 2024 from 11.00am - 12noon

The Money Guiders NI network welcomes Northern Ireland Trading Standard Services, to discuss their role in promoting and maintaining fair trading. They will consider the different types of scams and look at relevant case studies that staff within Trading Standards have dealt with.

[Find out more information on the event here](#)



Healthy
Bodies

EA Running Network Meet Up Dungannon Parkrun Saturday 18 May 2024. Run commences at 9.30am.

Join colleagues from the EA Running Network at Dungannon Parkrun. [Register your interest here](#). To hear more about the Running Network email healthandwellbeing@eani.org.uk



Skin Scanning Service Cancer Focus NI

Cancer Focus NI invites EA Staff to a Skin Scanning Service, undertaking a skin scan will reveal the levels of skin damage that you wouldn't normally be able to see. It will reveal any brown spots, freckles and redness, all of which are usually signs of skin damage.

Omagh Office, 20 May 2024 from 11.30am – 2.30pm
[Find out more here](#)

Ballee Office, 30 May 2024 from 11.30am – 2.30pm
[Find out more here](#)



Public Health Dietitians - Pre Recorded Webinars

The Public Health Dietitians Group in Northern Ireland have a vast resource of pre recorded Nutritional Webinars available to view at a time that suits you. [Find out more here](#)



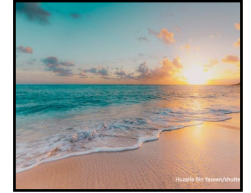
www.healthwell.eani.org.uk

Upcoming sessions during June



Skin Scanning Service Cancer Focus NI

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Dundonald Office, 3 June 2024 from 11.30am - 2.30pm
[Find out more here](#)

Antrim Board Centre, 6 June 2024 from 11.30am - 2.30pm
[Find out more here](#)

Benenden Health Staff Health Checks

We are delighted to partner with Benenden Health to provide EA Staff with the opportunity to avail of a face to face Health Check. Appointments are available at a number of EA locations during the month of June 2024.



EA Armagh Office - Tuesday 4 June
[Register for Armagh here](#)

EA Technology Education Centre, Omagh - Thursday 6 June
[Register for Omagh here](#)

EA Belfast Office - Tuesday 11 June
[Register for Belfast here](#)

EA Dundonald Office - Thursday 13 June
[Register for Dundonald here](#)

EA Ballee Office - Tuesday 18 June
[Register for Ballee here](#)

EA Antrim Board Centre – Thursday 20 June
[Register for Antrim Board Centre here](#)



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Benenden Information Session
Benenden Health
Tuesday 11 June 2024 at 12.30pm
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Wednesday 12 June 2024 at 12.30pm
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[Find out more about the information sessions here](#)



EA Running Network Meet Up
Portrush Parkrun

Saturday 22 June 2024. Run commences at 9.30am.

Join colleagues from the EA Running Network at Portrush Parkrun. [Register your interest here](#). To hear more about the Running Network email healthandwellbeing@eani.org.uk



Stop Smoking or Vaping
Cancer Focus NI

Cancer Focus NI are offering weekly one to one support over a period of 8-12 weeks to those who wish to break their smoking habits.

[Find out more here](#)



Save the Date

The EA will be launching its 4th Summer Family Food Appeal supporting The Trussell Trust. The Food Appeal will run from Monday 3 June - Thursday 27 June 2024.

[Find out more about the upcoming appeal here](#)



Open Access Sessions

We have an array of open access sessions under the themes that are available to view and access at a time that is suitable to you.

