

# Health & Wellbeing

## Term 2 January - March 2023

### January 2023



Healthy Bodies

**Circuits**  
 Tuesday 17 January for 10 weeks  
 7.00am - 7.45am  
 Every Tuesday for 10 weeks  
 For more information [click here](#)



**Ryan's Gym**  
 Circuits, cardio, core and tone.

**Vital Nutrition's 4 Week Reset**  
 Tuesday 17 January for 4 weeks  
 12 noon - 1.00pm  
 Every Tuesday for 4 weeks  
 For more information [click here](#)



**Vital Nutrition**  
 Interactive session packed with expert advice, recipe ideas and motivational tips to help you reach your goals.

**Zumba**  
 Tuesday 17 January for 10 weeks  
 7.00pm - 8.00pm  
 Every Tuesday for 10 weeks  
 For more information [click here](#)



**Active 360**  
 Dance your way to fitness.

**Pilates**  
 Wednesday 18 January for 10 weeks  
 6.00pm - 7.00pm  
 Every Wednesday for 10 weeks  
 For more information [click here](#)



**Active 360**  
 Core strengthening for all abilities.

**Chair Yoga**  
 Thursday 19 January  
 11.45am - 12.15pm  
 For more information [click here](#)



**Belfast Fitness**  
 Great for desk workers.

**Vital Nutrition's 4 Week Reset**  
 Thursday 19 January for 4 weeks  
 4.00pm - 5.00pm  
 Every Thursday for 4 weeks  
 For more information [click here](#)



**Vital Nutrition**  
 Interactive session packed with expert advice, recipe ideas and motivational tips to help you reach your goals.

**Free at 3: Pilates**  
 Friday 20 January for 9 weeks  
 3.00pm - 3.45pm  
 Every Friday for 9 weeks  
 For more information [click here](#)



**Active 360**  
 A great way to end the week

# Health & Wellbeing

January 2023



Healthy Minds

## Wellbeing in the Workplace

Tuesday 17 January

4.00pm - 5.30pm

For more information [click here](#)



## Jan Montgomery

We will explore the definition of mental health and wellbeing in the workplace and take steps to help improve our mental health.

## Mindfulness

Wednesday 18 January

5.00pm - 6.00pm

For more information [click here](#)



## Mindfulness NI

Recharge your mind

## Hidden Harm Awareness for Education Professionals

Tuesday 24 January

4.00pm - 7.00pm

For more information [click here](#)



## ASCERT

This course is aimed at those working within a school or other educational setting (e.g. teaching staff, classroom assistants, youth workers) who wish to become more aware of the impact of parental substance misuse/ parental mental ill health ("hidden harm") on young people

## Understanding the Teenage Brain

Tuesday 31 January

4.00pm - 5.30pm

For more information [click here](#)



## Jan Montgomery

We will focus on the adolescent brain and how it develops



Healthy Bodies

## Action Cancer Big Bus

Armagh Teacher's Centre

Thursday 26 January - All day

For more information [click here](#)



## Action Cancer

The Big Bus provides Breast Screening and MOT Checks

# Health & Wellbeing



Financial Wellbeing

**Financial Health Clinic**  
Wednesday 25 & Thursday 26 January  
10.00am - 12 noon  
[click here](#) to find out how to book a confidential, free 1-1 meeting with a Financial Advisor



**Kith & Kin Financial Wellbeing** can provide confidential, free 1-1 support, guidance and advice on topics relevant to your personal financial needs

**NILGOSC - Approaching Retirement Webinar Wellbeing in the Workplace**  
Wednesday 25 January  
10.00am - 12 noon  
For more information [click here](#)



**NILGOSC**  
This session is aimed at employees who may be thinking of retiring in the next few years

**NILGOSC - Welcome to the Scheme Webinar**  
Thursday 26 January  
10.00am - 12 noon  
For more information [click here](#)



**NILGOSC**  
This session is suitable for employees who have joined the pension scheme within the last 12 months and is also helpful for employees who have previously opted out but may wish to know more about the Scheme

**NILGOSC - Scheme Benefits Webinar**  
Friday 27 January  
10.00am - 12 noon  
For more information [click here](#)



**NILGOSC**  
This is a general overview for future retirement planning

## February 2023



Healthy Minds

**Dementia Friendly Awareness Workshop**  
Wednesday 1 February  
4.00pm - 6.00pm  
For more information [click here](#)



**Alzheimer's Society**  
The workshop explores what dementia is, different types of dementia, signs and symptoms and how dementia impacts memory

**Developing Personal Resilience**  
Tuesday 7 February  
9.30am - 11.00pm  
For more information [click here](#)



**Health Matters**  
This course aims to help individuals improve personal resilience by exploring patterns of thinking, default behaviours, and emotional reactions and offering practical techniques to challenge unhealthy thinking

# Health & Wellbeing



Healthy Minds

## Wiring Positivity Into The Brain

Thursday 9 February

4.00pm - 5.30pm

For more information [click here](#)



## Jan Montgomery

We will learn about the brain's natural negativity bias and learn how to redress the balance

## Hidden Harm Awareness for Education Professionals

Thursday 23 February

4.00pm - 7.00pm

For more information [click here](#)



## ASCERT

This course is aimed at those working within a school or other educational setting (e.g. teaching staff, classroom assistants, youth workers) who wish to become more aware of the impact of parental substance misuse/ parental mental ill health ("hidden harm") on young people



Financial Wellbeing

## Healthy Nosh for Less Dosh

Tuesday 28 February

12 noon - 1.00pm

For more information [click here](#)



## Vital Nutrition

Good food needn't cost the earth. This session will focus on menu planning and healthy eating on a budget



Healthy Bodies

## Public Health Dietitians

Pre Recorded Webinars [click here](#)



## Public Health Dietitians

The Public Health Dietitians Group in Northern Ireland have a vast resource of pre recorded Nutritional Webinars

## March 2023



Healthy Minds

## Mental Health Awareness for Staff

Wednesday 1 March

4.00pm - 5.30pm

For more information [click here](#)



**Inspire** An interactive webinar providing information and understanding of mental health issues, and promoting participants awareness of their own wellbeing

## Managing Personal Stress

Wednesday 1 March

9.30am - 12.30pm

For more information [click here](#)



**Health Matters** This will provide practical techniques for managing stress, proven coping strategies for reducing anxiety & key skills for thriving under healthy workplace pressure





Healthy  
Minds

**Stress and How To Survive It**  
Thursday 2 March  
4.00pm - 5.30pm

For more information [click here](#)



**Jan Montgomery**

We will learn about how our brain and nervous system plays a large part in how we experience stress and how we survive it. We will also learn lots of strategies on how to manage stresses in life and work

**Managers Promoting Positive Mental Health**

Thursday 8 March  
9.30am - 12.30pm

For more information [click here](#)



**Inspire**

Line managers have a crucial role in supporting the mental health and wellbeing of their staff

**Hidden Harm Awareness for Education Professionals**  
23 March

4.00pm - 7.00pm

For more information [click here](#)



**ASCERT**

This course is aimed at those working within a school or other educational setting (e.g. teaching staff, classroom assistants, youth workers) who wish to become more aware of the impact of parental substance misuse/parental mental ill health ("hidden harm") on young people



Healthy  
Bodies

**Agile Working with Vital Nutrition**  
30 March 2023  
12.00 noon - 1.00pm

For more information [click here](#)



**Vital Nutrition**

Packed with health, nutrition and wellbeing advice

## 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.



**Financial Wellbeing**



**Healthy Bodies**



**Healthy Minds**



**Social Health**