

February Events

Top picks for February from our Phase 3 HealthWell Programme

Online Health Checks

NI Chest Heart & Stroke
Throughout the day



[Click here](#)

Use Code: eahc21

Various dates throughout February

Line Managers Role in Managing Stress

Health Matters
3.00pm - 6.00pm



Healthy Minds

[Click here](#)

01
February

Hidden Harm Awareness

ASCERT
4.00pm - 7.00pm



Healthy Bodies

[Click here](#)

01
February

Mindfulness and Diabetes and Health Webinar

Mindfulness NI
5.00pm - 5.50pm



Healthy Bodies

[Click here](#)

01
February

Keeping Well Working from Home

Action Cancer
3.00pm - 4.00pm



Healthy Bodies

[Click here](#)

02
February

Housing Rights and Co-Ownership

Money Guiders
10.30am - 11.30am



Financial Wellbeing

[Click here](#)

08
February

Nilgosc Pension - Information Session

MoneyHelper
4.00pm - 5.00pm



Financial Wellbeing

[Click here](#)

08
February

Teachers' Pension - Information Session

MoneyHelper
4.00pm - 5.00pm



Financial Wellbeing

[Click here](#)

09
February

Raising your Child's Self-Esteem

Parenting NI
3.45pm - 4.45pm



Social Health

[Click here](#)

10
February

Managers Promoting Positive Mental Health

Inspire
9.30am - 11.30am



Healthy Minds

[Click here](#)

22
February

Introduction to Mindfulness: 6 week course:

Tuesday 22nd February to
Tuesday 29th March 2022



Healthy Minds

[Click here](#)

Mindfulness NI
5.00pm - 6.00pm

22
February

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

To view the full EA HealthWell Programme please [Click here](#)