

Wellbeing & Health Promotion for Staff 2021

Jan

Balancing
work life and
parenting

Feb

Coping with
ill-health &
Loss

Mar

Brain Health

Apr

Financial
Wellbeing

May

Women's
Health

Jun

Men's Health

Jul

Heart Health

Aug

Personal Growth

Sept

Self-Care

Oct

Mental Health
Awareness

Nov

Giving Back

Dec

Surviving
Christmas