

CALDERDALE AND KIRKLEES HEALTH AND CARE WORKFORCE HEALTH AND WELLBEING OFFERS

Following the success of our Joint Calderdale and Kirklees Health and Care workforce wellbeing Boost sessions in May, we are starting to deliver our next Boost Series. Once again, in partnership with HÄLSA WELLBEING and based on your feedback, we have developed a suite of wellbeing events to support our colleagues.

We have 3 programmes launching for the rest of this year.

STARTING 18TH August to end of November. Sessions in:

- ✓ Every other week Healthy Habits Support Group
- ✓ Weekly Self-Care sessions alternating between stretching and reflexology.

11th October to 22nd October. A Wellbeing Event which will link with:

- ✓ **National work life week**
- ✓ **World Mental Health Day**
- ✓ **World Menopause Day**
- ✓ **Back Care Awareness Week**

3rd November to 12th November. A Wellbeing Event which will link with:

- ✓ **Men's Health Awareness Month**
- ✓ **National Stress Awareness Week**

You can book your sessions on-line here via <https://bookwhen.com/halsa-ckhpc>

The sessions starting in August are available to book now and the October and November events will be added soon.

In the meantime, if you would like to learn more about HÄLSA WELLBEING their details are:

Website: www.halsawellbeing.com and www.halsawellbeing.co.uk

FACEBOOK: Hälsa Wellbeing

TWITTER: @HALSA1