

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



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



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



Active 360
 Dance your way to fitness.

Pilates
 Wednesday 18 January for 10 weeks
 6.00pm - 7.00pm
 Every Wednesday for 10 weeks



Active 360
 Core strengthening for all abilities.

Chair Yoga
 Thursday 19 January
 11.45am - 12.15pm



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



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



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



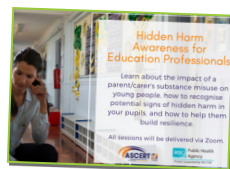
Jan Montgomery
We will explore the definition of mental health and wellbeing in the workplace and take steps to help improve our mental health.

Mindfulness
Wednesday 18 January
5.00pm - 6.00pm



Mindfulness NI
Recharge your mind

Hidden Harm Awareness for Education Professionals
Tuesday 24 January
4.00pm - 7.00pm



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



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



Action Cancer
The Big Bus provides Breast Screening and MOT Checks



Financial Wellbeing

Financial Health Clinic
Wednesday 25 & Thursday 26 January
10.00am - 12 noon



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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