



UPCOMING WELLBEING WEBINARS

Posture Awareness Presentation Webinar

Taking place between 10 - 11am on:

Friday 21st October

<https://bookwhen.com/jucdwellbeing/e/ev-sv0x-20221021130000>

Stress Awareness Webinar

Taking place between 10 - 11am on:

Monday 14th November

Wednesday 14th December

<https://bookwhen.com/jucdwellbeing/e/ev-sffa-20221012100000>

Financial Wellbeing Webinar

Taking place between 10 - 11am on:

Thursday 3rd November

Thursday 1st December

<https://bookwhen.com/jucdwellbeing/e/ev-s7x0-20221013100000>

Sleep Workshop Webinar

Taking place between 10 - 11am on:

Friday 11th November

Friday 9th December

<https://bookwhen.com/jucdwellbeing/e/ev-s6lv-20221209130000>

Mental Health and Wellbeing Webinar

Taking place between 1 - 2pm on:

Thursday 10th November

Tuesday 13th December

<https://bookwhen.com/jucdwellbeing/e/ev-sex5-20221011130000>

Visit JUCD Bookwhen to book onto and view other wellbeing sessions: www.bookwhen.com/jucdwellbeing

