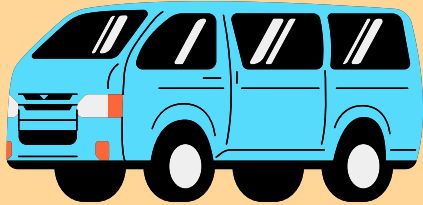


The Wellbeing Hub is



ON THE ROAD

Our Wellbeing Team are looking for sites across Derbyshire to host their pop-up wellbeing hub and we'd love to hear from you if your site wants to get involved! The wellbeing hub will provide an interactive and informative demonstration of all the wellbeing services we have to offer.

Host sites of our wellbeing hub can expect our wellbeing team to engage with staff, promote the wide range of wellbeing services we have available and provide all the information on how to access services and reach out to us for help.

Our team are experts in providing bags of energy, information, resources, and we even have a coffee van for that all-important caffeine boost!

Sessions Include:

Stress & Relax

Mind & Body

Mental Wellbeing Overview

Posture Awareness

742126

**SIGN UP
TODAY**

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