

## WELLNESS AT WORK: FREE HEALTH & WELLBEING CHECK-UPS



## AVOID BURNOUT AND FEEL YOUR BEST

Join us for a day dedicated to your health and wellbeing. Take advantage of **free, confidential services** designed to help you thrive.



### FREE HEALTH MOTs

Check your key health stats with a range of diagnostic tests and find out how your lifestyle impacts your body. Exclusive discounts for future testing available.



### ONE-ON-ONE CONSULTATIONS

Book a private 45-minute session with:

- A therapist for tailored advice on mental health, stress or addiction
- Our clinical team for a personalised health action plan



### EXPERT-LED WORKSHOPS

Learn how to manage stress, burnout, and anxiety with practical tips and resources from qualified therapists.



### ADDICTION SUPPORT

Confidential guidance to help you or someone you care about address challenges with alcohol, drugs, or other behaviours.



### SUPPORT FOR LOVED ONES

Expert advice on how to support someone struggling with mental health or addiction—and look after yourself in the process.



### ALL SERVICES ARE FREE AND CONFIDENTIAL

Don't miss the chance to focus on your health and wellbeing.

# AVOID BURNOUT, PRIORITISE WELLNESS BUSINESS WELLBEING EVENT - THURSDAY 10<sup>th</sup> APRIL 2025

TIME	WORKSHOP A (EMPLOYEES)	WORKSHOP B (EMPLOYERS)	DIAGNOSTIC SCREENING (RANDOX)	CLINICAL CONSULTATIONS (STEPS)	THERAPY CONSULTATIONS (STEPS)
10.15am	WELCOME WITH REFRESHMENTS				
11 - 11.45am	Workshop 1	Workshop 1	Blood pressure, personal health measurements and body composition analysis available all day	Clinical Consultations	Therapy Sessions
	Workshop Q&A	Workshop Q&A			
11.45 - 12pm	BREAK				
12 - 12.45pm	Workshop 2	Workshop 2	Blood pressure, personal health measurements and body composition analysis available all day	Clinical Consultations	Therapy Sessions
	Workshop Q&A	Workshop Q&A			
12.45 - 1.15pm	NETWORKING & ENGAGEMENT				
1.15 - 2.00pm	LUNCH				
2.00 - 2.45pm	Workshop 3	Workshop 3	Blood pressure, personal health measurements and body composition analysis available all day	Clinical Consultations	Therapy Sessions
	Workshop Q&A	Workshop Q&A			
2.45 - 3.00pm	BREAK				
3.00 - 3.45pm	Workshop 4	Workshop 4	Blood pressure, personal health measurements and body composition analysis available all day	Clinical Consultations	Therapy Sessions
	Workshop Q&A	Workshop Q&A			
3.45 - 4.15pm	NETWORKING & ENGAGEMENT				
4.15 - 4.30pm	EVENT CLOSE				