

Ards and North Down

Workplace Health and Wellbeing Fair 2019



Thursday 14th November
11.00am - 6.00pm

at Ards Blair Mayne Wellbeing and Leisure Complex

Learn more about how to help improve the health and wellbeing of your staff, increase your awareness of mental health and disability challenges and how to meet your legal Health and Safety obligations.

Lots of advice and information available from our partner organisations at the event - sign up to sessions on a variety of topics including:

- **How to improve morale and productivity**
- **FREE First Aid in the Workplace (accredited training course)**
- **FREE Health Checks in February and March 2020**
- **FREE Step Challenge Event Programme**
- **FREE Taster activities including: Boxercise, Healthy Eating and Nordic Walking**

Please register then drop in any time!



Open to all employers and employees located in the borough. To register, please email: healthandwellbeing@ardsandnorthdown.gov.uk or call 0300 013 3333 Ext. 40333

Ards and North Down
Borough Council