

Upcoming SHU Wellness Workshops for Staff...

For more information visit our webpage:

<https://staff.shu.ac.uk/shuwellness/bitesize-workshops.asp>

Book your place via the Core Portal today!

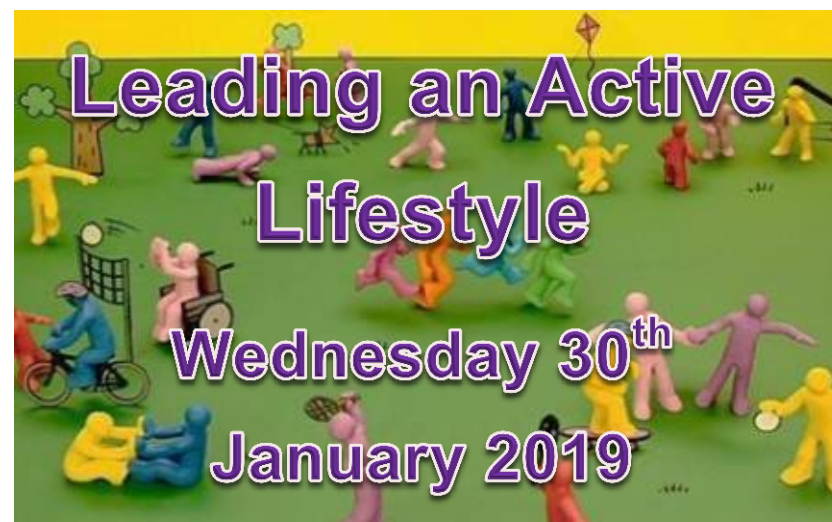
Applied Relaxation

Tuesday 12th March 2019



Leading an Active Lifestyle

Wednesday 30th January 2019



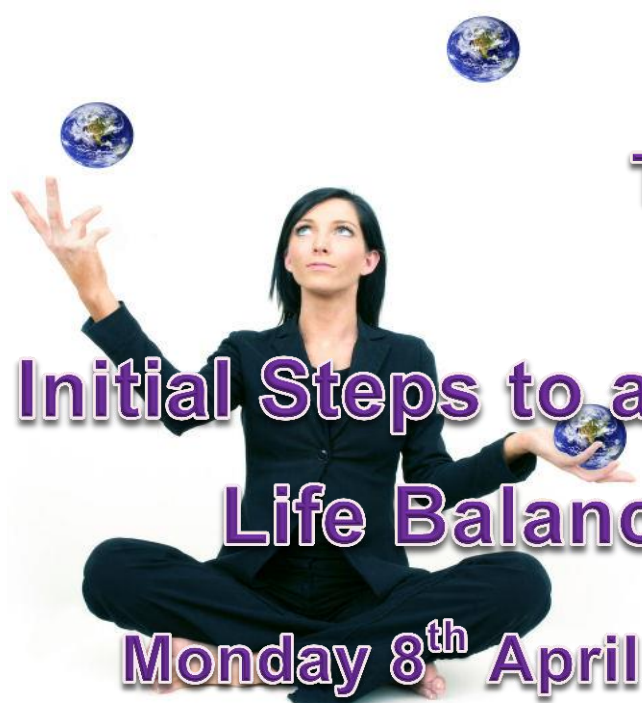
Resilience

Tuesday 14th May 2019



Initial Steps to a Work-Life Balance

Monday 8th April 2019



Better Sleep

Monday 23rd January 2019

Monday 6th March 2019



MindfullySTRONG

Wed 13th February 2019

Thursday 2nd May 2019



Practical Back Care- helpful hints & exercise

Monday 18th March 2019



Weight Management

Series of 5 workshops
Fortnightly commencing
Wed 30th January 2019



Healthy Eating for Wellbeing

Wednesday 6th February 2019

Friday 17th May 2019

