



Health & Wellbeing drop-in day

Weeley Ambulance Station, North Essex, CO16 9JR

26th April 2019 - 09:00-16:00

9am – Introduction to Wellbeing and TRiM

10am – How to deal with the bereaved and suicide

11am – PTSD – signs, symptoms and repair

12pm – Spotting the Signs of Stress, Anxiety and Depression

1pm – Mindfulness – Introduction, Use and Practical

2pm – Health & Nutrition Presentation

3pm – Circuit Class, Please confirm your place with Janice.borham@eastamb.nhs.uk
(max 15 attendees)

- **Taster Sports therapy consultation and treatment** session (Cost of £10 for 30 min session) contact karl.schroder@eastamb.nhs.uk for appointment times
- **Health & Fitness advice** throughout the day
- Representatives from **Anytime Fitness** attending to offer exercise advice and discounted joining fees
- **ACE Health Screening** for those staff aged 40-74
- Attendance counts towards **Wellbeing Passport**
- **30% discount codes** for Day Lewis Pharmacy
- **Health Scan** £5 per scan. Please email sarah.ford@eastamb.nhs.uk for appointment availability
<https://www.youtube.com/watch?v=Ot7qwGD20QA&feature=share>
<https://www.youtube.com/watch?v=5VHj5GyhKjM&feature=share>
- **Free raffle draw for Nutribox Meals**
- **Free raffle draw for one-month membership to Anytime Fitness**

Please email marc.dixon@eastamb.nhs.uk if you wish to be entered into the prize draw

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