

Recharge Your Wellness Week (10-14 May 2021)

Time	Monday 10 May	Tuesday 11 May	Wednesday 12 May	Thursday 13 May	Friday 14 May
Morning	‘Workplace Wellbeing and Workload Super Hacks’: Andrew Young in conversation with Dr Aarti Anhal (11.00am – 12.00pm)	Conversation Cafe (11.00 – 11.45am)	100% Human at Work: social connection is key to our mental health (10.00 – 11.00am)	‘Supercharge Your Sleep Series’ with Dr Sophie Bostock (10.00 – 11.00am)	Nature, Resilience and Personal Wellbeing Workshop (10.00 – 11.30am)
Lunchtime		EAP information webinar (12.30 – 1.00pm)		EAP information webinar (1 – 1.30pm)	Virtual running club (on Teams) (1 – 1.30pm)
Afternoon	Body Conditioning (5.00 – 5.45pm)	Body Conditioning (5.00 – 5.45pm)	Creating Work/Life Boundaries (hosted by Dr Aarti Anhal) (2.30 – 3.30pm)	Body Balance (5.00 – 5.45pm)	