

May 2021

WK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3	4	5	6	7	8	9
			Body Balance (5.00 – 5.45pm)				
2	10	11	12	13	14	15	16
	‘Workplace Wellbeing and Workload Super Hacks’: Andrew Young in conversation with Dr Aarti Anhal (11.00am – 12.00pm) Body Conditioning (5.00 – 5.45pm)	Conversation Cafe (11.00 – 11.45am) EAP information webinar (12.30 – 1.00pm) Body Conditioning (5.00 – 5.45pm)	100% Human at Work: social connection is key to our mental health (10.00 – 11.00am) Creating Work/Life Boundaries (hosted by Dr Aarti Anhal) (2.30 – 3.30pm)	‘Supercharge Your Sleep Series’ with Dr Sophie Bostock (10.00 – 11.00am) EAP information webinar (1 – 1.30pm) Body Balance (5.00 – 5.45pm)	Nature, Resilience and Personal Wellbeing Workshop (10.00 – 11.30am) Virtual running club (on Teams) (1 – 1.30pm)		
3	17	18	19	20	21	22	23
			Body Balance (5.00 – 5.45pm)				
4	24	25	26	27	28	29	30
			Body Conditioning (5.00 – 5.45pm)				
5	31	1	2	3	4	5	6