

LOOKING AFTER YOUR WELLBEING AT WORK



Where & When

Arbroath
Infirmary Board
Room, Arbroath

Wednesday 15th
March
9.30am - 12 noon

**FREE Facilitated Training Delivered by
NHS Tayside Workplace Team**

This session is suitable for employees and managers working across Tayside. We will explore wellbeing and the steps we can all take to improve our wellbeing at work.

By sharing some useful tools, the session aims to provide attendees with the resources to take a more proactive approach to protecting their wellbeing.

**To book your space please email your name, job role and employer to
tay.hwl-workplaceprog@nhs.scot**