

Autumn/Winter Healthy Workplace Events Calendar

EVENT	Venue	DATE & TIME
'Every Mind Matters' campaign. Resources and training to follow.		October 2019
Health & Safety for office workers and remote workers Lunch & Learn	Boscawen House Training room	4th November 2019 12.00 noon
Health & Safety for office workers and remote workers Lunch & Learn	Boscawen House Training room	12th November 2019 12.00 noon
Joint and back pain advice service 1:1 session	Boscawen House Training room	20th November 2019 Book your space (30 minutes)
Healthier Eating Lunch & Learn with Bernice Putt	Boscawen House Training room	7th January 2020 12.30 - 13.30
	Newquay Day Centre	7th & 8th January 2020 10.00 - 11.00
	Falmouth Day Centre	22nd & 23rd January 2020 10.00 - 11.00
Physical Activity Lunch & Learn with Jan Howells - Understand more about the benefits and how you can incorporate it into your day	Falmouth Day Centre	9th & 16th January 2020 10.00 - 11.00
	Boscawen House Training room	14th January 2020 12.00 - 13.00
	Newquay Day Centre	21st & 22nd January 2020 10.00 - 11.00
Menopause: supporting people at work	Various venues	February 2020 Lunch & Learns date TBC