



IT'S TIME TO ACTIVATE YOUR SUPPORT NETWORK.

Activate My Wellbeing Challenge
Week 1: 13th September - 19th September

During this week you and your team will learn how to have important conversations about mental health, including how to reach out if you are struggling and how to support those around you going through tough times. With targeted activities and webinars, this weekly focus will provide you with strategies to effectively manage your stress and build long term resilience.

Keep an eye out in your inbox for your weekly activities, tips, tricks and links to register for the wellbeing webinars!

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