

Health & Wellbeing Diary

August 23 to December 23



Humber and North Yorkshire Health and Care Partnership

KEY

General Health & Wellbeing **GHW**

Menopause **M**

TO BOOK ON ANY OF OUR EVENTS VISIT

www.bookwhen.com/hcv

If you are unable to make the live sessions please contact us for a recording

Coaching & Mentoring

Did you know that there is a professional and confidential coaching network across Humber and North Yorkshire Health and Care Partnership? Get support with your career, leadership skills, professional relationships and much more. Visit www.mycoachingnetwork.co.uk to register and select a coach that's right for you.

HNY Our People APP

HNY Our People is a fantastic app with everything you need to take care of your wellbeing in one place. Join challenges, gain awards, build healthy habits and access a range of self-help tools and podcasts.

[Download through iOS](#). Or [Download through GooglePlay](#)



<p>Thurs 17th August 11:00 - 12:00</p> <p>Menopause awareness at work - training for all colleagues and line managers M</p>	<p>Tue 22nd August 14:00 - 15:00</p> <p>Understanding anxiety GHW</p>	<p>Tues 12th September 13:00 - 14:00</p> <p>Why supporting your digestion is key to supporting your menopause M</p>	<p>Wed 20th September 09:00 - 10:00</p> <p>Finding happiness at work GHW</p>	<p>Wed 20th September 12:30 - 14:00</p> <p>Tapping for stress relief and pain GHW</p>
<p>Wed 27th September 14:00 - 15:00</p> <p>Menopause awareness at work - training for all colleagues and line managers M</p>	<p>Thurs 28th September 12:30 - 13:30</p> <p>Urogynaecological impact of menopause M</p>	<p>Tue 10th October 15:00 - 16:00</p> <p>World mental health day GHW</p>	<p>Wed 18th October 09:30 - 10:30</p> <p>Finding confidence and happiness in menopause M</p>	<p>Wed 18th October 13:30 - 14:00</p> <p>Meditation for menopause M</p>
<p>Thurs 19th October 13:30 - 14:00</p> <p>Pelvic health in menopause M</p>	<p>Tues 24th October 12:00 - 13:00</p> <p>Menopause awareness at work - training for all colleagues and line managers M</p>	<p>Tues 31st October 13:00 - 14:00</p> <p>Women of colour living well with menopause M</p>	<p>Thurs 16th November 12:30 - 13:30</p> <p>Being better with money at Christmas financial wellbeing GHW</p>	<p>Fri 17th November 10:30 - 12:00</p> <p>Rewire your nervous system with breath and somatic exercises for long lasting change GHW</p>
<p>Fri 17th November 12:30 - 13:30</p> <p>Stress Busting Action Planning GHW</p>	<p>Wed 22nd November 09:30 - 10:30</p> <p>Menopause awareness at work - training for all colleagues and line managers M</p>	<p>Thurs 23rd November 13:30 - 14:00</p> <p>Understanding & managing your periods in menopausal transition M</p>	<p>Mon 11th December 12:30 - 13:30</p> <p>Winter wellbeing GHW</p>	<p>Wed 13th December 14:00 - 15:00</p> <p>Menopause awareness at work - training for all colleagues and line managers M</p>