WORKPLACE WELLBEING WEEK 2023

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Scroll through the brochure to see the full schedule of events taking place during Workplace Wellbeing Week 24th - 28th April 2023.

All links to virtual events can also be found within this brochure.



MONDAY 24TH APRIL



Financial Wellbeing Clinics

Ground Floor, The Hub Drop in anytime between 10am - 4pm All providers will be in The Hub on Monday & Tuesday

Meet with all of the providers listed below

Bank of Ireland VHI Laya Healthcare

Willis Tower Watson Cornmarket HSE

Cognate Health FBD Tailored Finance

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Meet with Retired Staff Association

Aine Hyland Room, The Hub Drop in anytime between 10am - 4pm

Laya Body Composition Testing

Lucy Smith Room, The Hub Between 10am - 4pm. Booking required. Click here to book your appointment

Overview of Income Continuance & Supplementary Life Assurance (with Willis Tower Watson)

The Shtepps, The Hub
11am - 12pm
Click here for more information



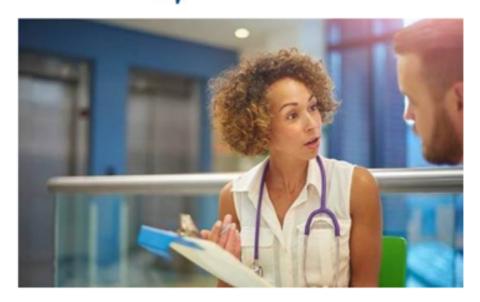








<u>laya</u> \healthcare



Laya Healthcare will be on- site to provide Body Composition Tests on the:

24th April

The below measurements are carried out by our nurse and will take approx. 5 minutes to complete

- . Body Type
- . Body Fat % and Fat Mass
 - Fat Free Mass
 - Muscle Mass
- Total Body Water and Body Water
 - Bone Mass
 - Basal Metabolic Rate (BMR)
 - Metabolic Age
 - Visceral Fat Rating
 - Body Mass Index

Do I need to sign up? Yes, follow the link below to register.

When	Where
24 th April	Dr Lucy Smith Room in the Hub, UCC

Book Now

Places are limited so book early to avoid disappointment.



If the above link doesn't work, you can copy and paste this link into your web browser: https://laya-corp.ameds.ie/booking/from-code?code=UCCBC

TUESDAY 25TH APRIL



Financial Wellbeing Clinics (see list of providers above)

Ground Floor, The Hub 10am - 4pm

Resilience - Talk by Dessie Fitzgerald
Hybrid (MS Teams & Dora Allman)
Click here to join or come along to
the Dora Allman
11am - 12pm

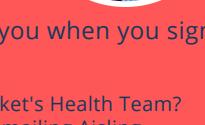


Cornmarket Health Insurance - Talk by Dermot Goode

12pm - 1pm Virtual - <u>Click here to sign up</u>

(The Zoom link will be emailed to you when you sign up)





TUESDAY 25TH APRIL



Drawing & Wellbeing Workshop

The Glucksman 1pm - 2pm

The workshop will focus on playful and intuitive drawing activities to encourage mindfulness and relaxation. Led by a professional artist, the session is suitable for artists of all abilities whether beginner or experienced.

This workshop is free and all materials will be provided.

The creative outcomes of this workshop will be exhibited at the Glucksman Foyer Exhibition Space from Wednesday 26th to Sunday 30th April.

Booking is essential.

Email education@glucksman.org to book your place





WEDNESDAY 26TH APRIL

Menopause Talk with Dr Brenda Moran

Virtual - <u>Click here to join</u> 10am - 11am

Menopause Café Virtual - <u>Click here to join</u> 11am - 12pm



Chaplaincy Bereavement Talk North Wing Conference Room 12pm - 1pm







Mental Health in Young People: Spectrum Life Webinar

Virtual - <u>Click here to join</u> 9.30am - 10am



Men's Health Psychology: Spectrum Life Webinar

Virtual - <u>Click here to join</u> 11am - 11.30am

Connect with... Student Health & Wellbeing with Dr Michael Byrne

Virtual - <u>Click here to join</u> 12pm - 1pm

Understanding Anxiety: Spectrum Life Webinar Virtual - <u>Click here to join</u> 2.30pm - 3pm



FRIDAY 28TH APRIL



Coping with Disappointments and Difficult Situations - Talk by Brid O'Meara

Virtual - <u>Click here to join</u> 9.15am - 10.45am



My Teaching and Wellbeing - Talk by Anna Santucci & Susan O'Mahony

Virtual - <u>Click here to join</u> 11.30am - 12.15pm



