

New Year - Look After Your Health & Wellbeing and be "Fit to do Business"

Thursday, January 23, 2025 · 9:30am - 2:30pm

We all make promises for the New Year so please do join us for this Health & Wellbeing event designed for business owners, employees, and the general public that is dedicated to improving your health and wellness. Let's kickstart 2025 by prioritising our health and wellbeing.

This event aims to provide valuable insights and practical advice to enhance your overall health and wellbeing.

Event Highlights:

- **Information Stand:** Get comprehensive health and wellbeing advice from our experts.
- **Breakfast Bar:** Start your day right with a customizable breakfast pot to take away.

Workshops:

1. **Eating Well - Fuelling Up (10.30 start):**
Learn about the importance of nutrition and how to fuel your body for optimal performance.
Tips on balanced diets and healthy eating habits.
2. **Feeling Well - Work/Life Balance (12.00 noon start):**
Discover strategies to maintain a healthy work/life balance.
Physical techniques to manage stress and improve mental health.
3. **Sleeping Well - Stop Fighting with Your Pillow (1.30 p.m. start):**
Understand the science of sleep and how to improve your sleep quality.
Practical tips to establish a healthy sleep routine.

Health Testing Drop-In:

- **Blood Pressure Checks:** Monitor your blood pressure and understand its impact on your health.
- **Cholesterol Testing:** Get your cholesterol levels checked and receive advice on managing them.
- **Mini Lifestyle Assessment:** Evaluate your current lifestyle and receive personalized feedback.
- **Wellbeing Advice and Support:** Access expert advice and, if necessary, get signposted to ongoing support services.

We look forward to seeing you there and supporting you on your journey to better health and wellbeing!

Location

Tadcaster Magnet Sports & Social Club, Queens Gardens Tadcaster LS24 9HD

Booking

[New Year - Look After Your Health & Wellbeing and be "Fit to do Business" Tickets, Thu, Jan 23, 2025 at 9:30 AM | Eventbrite](#)

Cost

Free!!