



HNY Wellbeing.

Caring for those who care for others



**Humber & North Yorkshire
Health & Care Partnership**

Health & Wellbeing Sessions 2024/25

Open to all working in health and care across Humber and North Yorkshire

Join us for FREE virtual sessions to kick start your journey to wellness...

Our 2024/25 sessions include:



Women's health

Including menopause, women's development, (sessions for non-binary, trans women and those who identify as women)



Physical health and wellbeing

Including desk-based movement and mobilisation, postural awareness, back pain awareness



Mental health and wellbeing

Including breathwork for stress, anxiety and overwhelm, stress and self care, breathwork for anxiety

visit www.bookwhen.com/hcv

or scan the QR code to see the full programme and book your place



SCAN ME