

# Launch of the School Health and Wellbeing Group

**21 JANUARY**

10:00-12:00  
MCCLELLAND SUITE

You are very welcome to attend the launch event, meet the group and join any of the offered activities.



**SPORT  
EXERCISE**



**MEDITATION  
SESSION**



**OCCUPATIONAL  
HEALTH  
ADVICE**



**ART THERAPY  
ACTIVITIES**



**DIET ADVICE**



**MENTAL  
HEALTH  
INFORMATION**

**#HEALTHYSTAFF #HUDDUNISTAFF**

