



Well NI is our range of health promotion services which aim to help improve people's health through early detection, education and inspiring lifestyle changes.

www.nichs.org.uk

Charity Reg No: NIC103593
Company No: NI 18889





We offer bespoke health and wellbeing packages to local businesses to promote health at work.

NICHS workplace health programmes include:

Well Checks

Well Checks can detect the early warning signs associated with developing chest, heart and stroke conditions.

Well Mind

Well Mind is a workshop which focuses on recognising the triggers of stress and the impact that it can have on your employees.

Well You

Well You is a 12 week supportive behaviour change programme which motivates individuals who are ready to make healthier lifestyle changes.

Well Talk

Well Talks are delivered face to face and provide information to enable your employees to improve their overall health and wellbeing.

Well Webinars

Well Webinars are delivered online or can be provided as a recording and provide information to enable your employees to improve their overall health and wellbeing.

Work Well Live Well

Work Well Live Well is a free workplace health and wellbeing service, funded by the Public Health Agency (PHA), and delivered across Belfast, South Eastern, Southern and Northern Trust areas.

To learn more about our services visit:

www.nichs.org.uk/WellNI
T. 028 9032 0184