

# Well Webinar

**Our interactive webinars empower people to make informed lifestyle changes that will reduce their risk of developing chest, heart and stroke illnesses.**

[www.nichs.org.uk](http://www.nichs.org.uk)

Charity Reg No: NIC 103593  
Company No: NI 18889



# Well Webinar

Our webinars are available on a wide range of topics, providing the information and tools needed to enable individuals to look after and improve their health. Webinars can be delivered live or recorded.

## Topics available:

### Stress

- Signs & symptoms
- Link between stress and ill health
- Stress management tools

### Support your Wellbeing

- What is a Solution Focused Approach?
- Using the Solution Focused Approach to support wellbeing
- Take 5 Steps to Wellbeing

### Sleep

- Sleep recommendations
- Science of sleep
- 4 pillars of good sleep & practical solutions

### Healthy Eating

- Nutrients for heart health
- Portion control
- Hydration
- Food & mood

### Healthy Eating on a Budget

- What makes a balanced diet?
- Store cupboard ingredients
- Batch cooking & food storage

### Healthy Heart

- Why we need to maintain a healthy heart
- What influences your heart health?
- How to reduce your risk

### Physical Activity: An Active Day

- Why physical activity is important
- How much do we need?
- What an active day looks like

### Physical Activity: Strengthening

- How much do we need?
- How can we keep strong and flexible?
- Working it into our day

### Alcohol

- How alcohol affects the body
- What is binge drinking?
- How to reduce your risk

### Smoking

- How smoking affects the body
- E-cigarettes and vaping
- Stopping smoking

### Know your Signs & Symptoms

- Chest Illness
- Heart Conditions
- Stroke

### Know your ABCs

- Atrial Fibrillation (AF)
- Blood Pressure
- Cholesterol

## WHAT OUR CLIENTS SAY

*"It was an excellent session delivered during a challenging time for us all – many thanks for delivering it!"*

To learn more about our services visit:

[www.nichs.org.uk/WellNI](http://www.nichs.org.uk/WellNI)  
T. 028 9032 0184