

Well Webinar

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

Chest
Heart &
Stroke



Our webinars and motivational videos are available on a wide range of topics, providing the information and tools needed to enable employees to look after and improve their health.

Webinar topics available include:

- Stress
- Sleep
- Alcohol
- Healthy Eating
- Physical Activity
Cardiovascular exercise
- Physical Activity
Strengthening & Stretching exercise

We also offer a range of bitesize 10-Minute Motivational videos, which aim to encourage employees to make small healthy changes to their lifestyle.

Motivational video topics available include:

- Goal Setting
- Working From Home
- Stretching Exercises
- An Active Day
- Relaxation

All of our webinars and videos are based on scientific evidence and guidelines and produced by our professional and experienced Health Promotion team. Bespoke webinars and videos can be designed to meet your needs.

WHAT OUR CLIENTS SAY

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

"Useful, practical advice with very manageable tools to be used to achieve this."

"She [presenter] also has such a warm, but confident and energetic tone. It makes a world of difference and carries you along and makes you trust in what you hear that bit more."

To learn more about our services visit:

www.nichs.org.uk/WellNI
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