

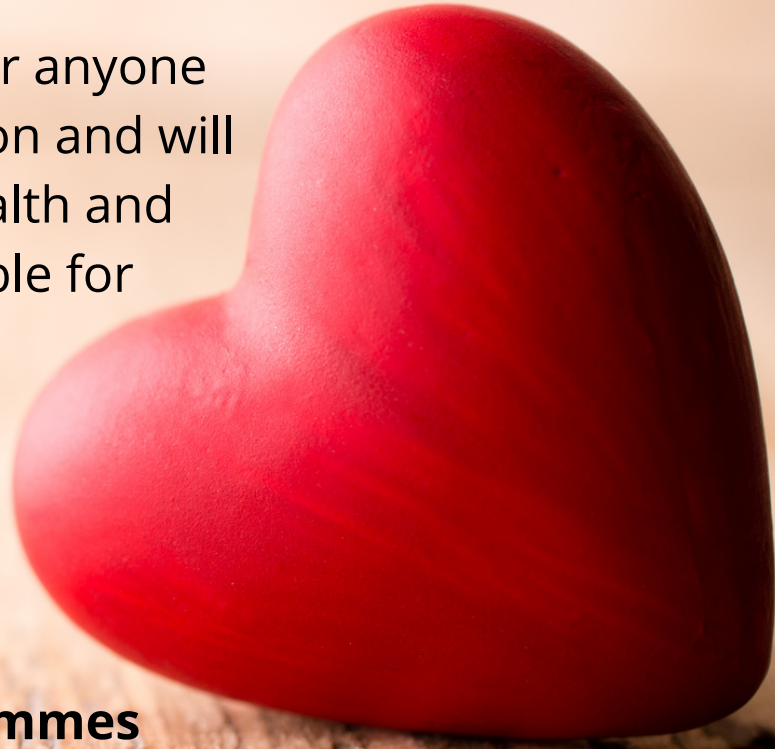
Join us for an introduction to
NewstrAid's Wellbeing Suite

Tuesday 22nd February 2022 at 11.00am via Zoom

This hour long session is for anyone with a newstrade connection and will introduce you to all the health and wellbeing resources available for **free** via NewstrAid's Wellbeing Suite.

Including:

- **Nutritious recipes**
- **Fitness plans**
- **Mental health programmes**
- **Wellbeing podcasts**
- **Health and lifestyle resources**
- **Free 24/7 helpline**



To receive the link to attend, simply email oldben@newstraid.org.uk using the subject line Wellbeing Demo.

Resources provided in partnership with

spectrum
.life 

Wellbeing Suite supported by Hearst UK
in memory of Terry Mansfield

www.newstraid.org.uk