

# Mental Health Awareness Week: Moving more for our mental health

## What will we cover?

- The importance of Mental Health Awareness Week
- What are some of the benefits of moving more?
- How can we all move more when at work and home
- How Care first can support managers and employees with their mental well-being.

## Who are our presenters?

- Pat Garland-Smith, Training Manager with over 25 years experience in mental health & well-being.
- Keith Osborne, Operations Leader, triathlete and swim coach.

## When will it take place?

- Wednesday 15th May from 12 - 12:45 pm

To sign up, follow the link or scan the QR code:

<https://register.gotowebinar.com/register/6876491294310381916>

