

National Workplace Wellbeing Day, April 12th 2019



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Wellbeing Day Activities:

- **Early morning exercise before commencement of works to get the body and mind motivated.**
- **'Ban those Biscuits' Provision of fresh fruit and Healthy Snacks**
- **Lunch-time mile around Blarney village.**
- **Talks, and newsletters on 'mind our Workers' mental well-being, healthier dietary advice, and keep hydrated.**



NATIONAL
WORKPLACE
WELLBEING DAY
12 April 2019



Friday 12th April



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