

# Staff Wellbeing

## Physical Wellbeing Week Events

22nd - 26th April 2024

Mon 22nd

### Sleep Course with POD

10:00 - 12:30

Join POD for a range of practical tools, to help you to have a better night's sleep.

[Click here to book](#)

Mon 22nd

### Wellbeing Yoga

12:15 - 13:00

Come join in this Hatha Yoga session with Active Hud, great for beginners.

[Click here to book](#)

Tues 23rd

### Zumba Tone

12:15 - 12:45

Fun movement session with Active Hud with lightweight maraca-like toning sticks!

[Click here to book](#)

Wed 24th

### Nutrition Talk

12:00 - 12:40

Are we getting our portion sizes right? Join Dr Deborah Pufal for this interactive in-person session.

[Click here to book](#)

Wed 24th

### Wellbeing Thai Chi

17:15 - 18:15

Join Active Hud for this session of the slow paced Chinese Martial Art to suit all ages and abilities.

[Click here to book](#)

On Demand

### Yoga for Desk Workers

Join Dan Choucri from Active Hud for this 20 minute grounded Yoga session to help mobilise and find flexibility in the body after a period of desk working.

[Click here to access the video](#)