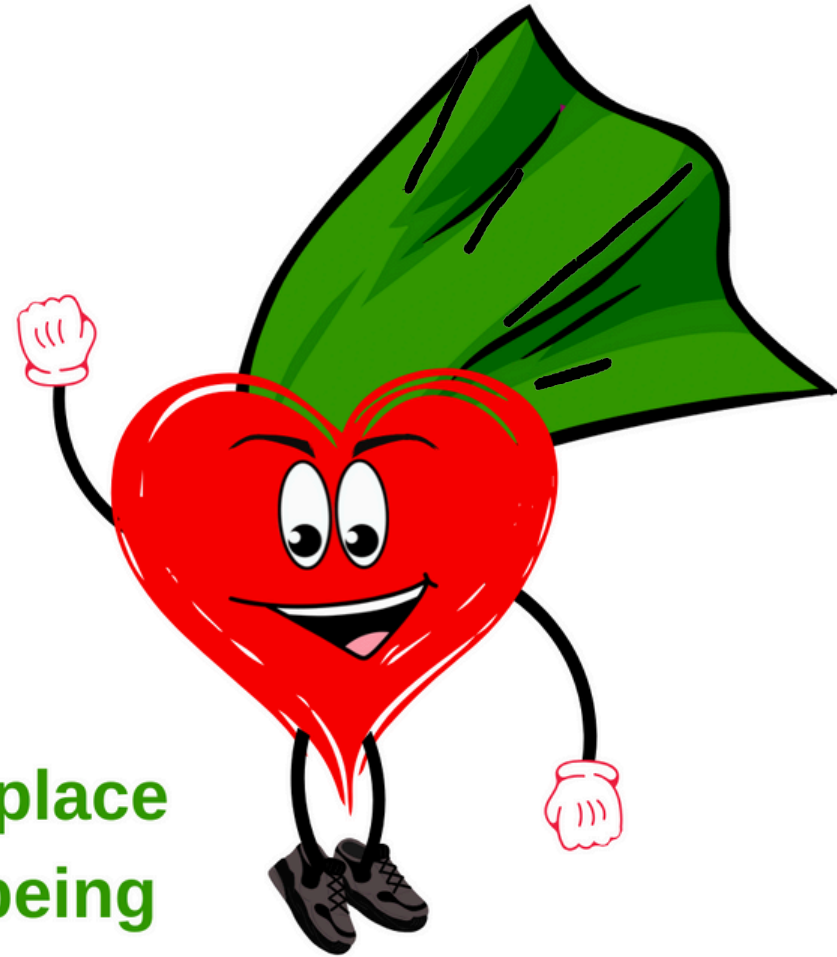


# May 2025



Workplace  
Wellbeing  
Champion!



# Amy Woodcock from Naturally Grown Health



# What will we cover?

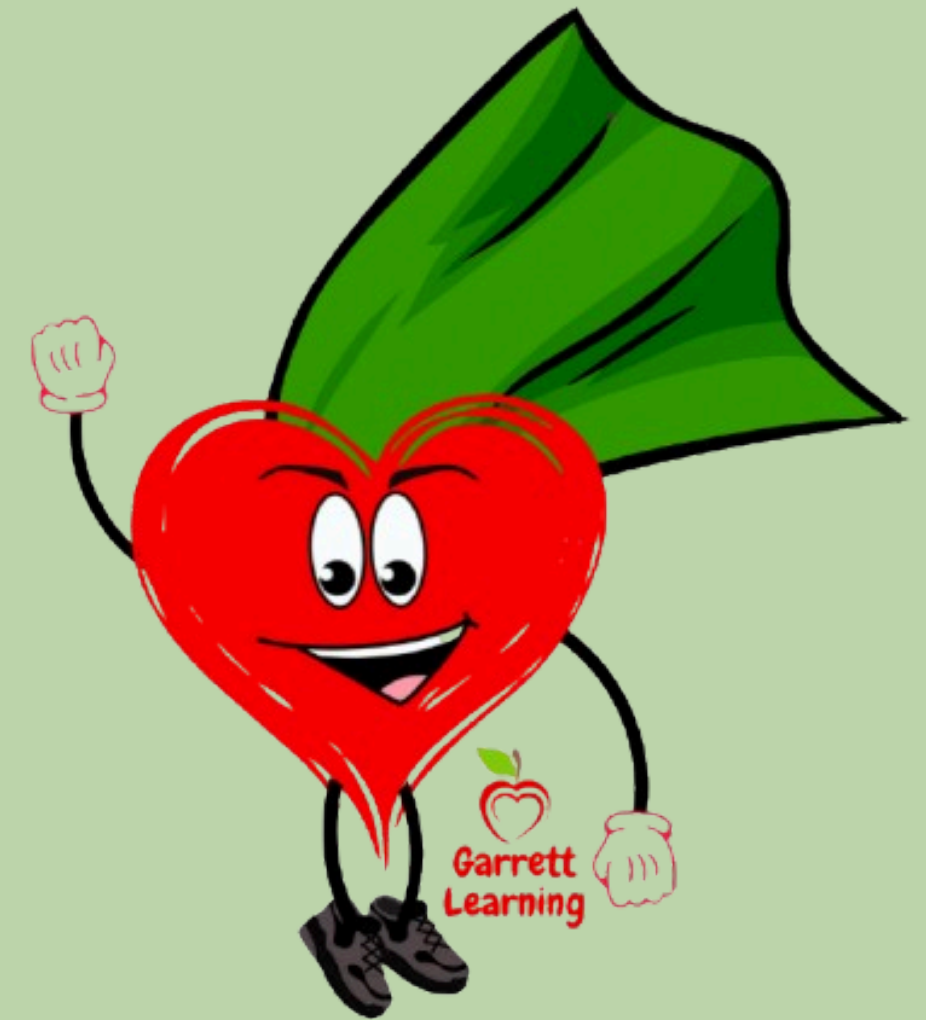
13:00 - Welcome & introductions

13:10 - What's coming up

13:20 - Guest speaker - Amy Woodcock from Naturally Growth Health

13:40 - Questions and Answers

13:50 - Close





**Thank you for being here.**

# Upcoming International mental health/wellbeing dates for your diary:

## May: National Walking Month

12th-18th Mental Health Awareness

Week & Learning at Work Week

18th: International Museum Day

19-25 May: Dementia Action Week

21st: World Meditation Day

## June: Men's Mental Health Month

9 - 15th: Loneliness week

17th: International Fathers' Mental Health Day

27th: National PTSD Awareness Day

24th - 30th: World Wellbeing Week

## July:

1st: International Joke Day

24th: Samaritans Awareness Day

25th: National Schizophrenia Awareness Day

30th: International Friendship Day

## August:

9<sup>th</sup>: Book Lovers Day

19<sup>th</sup>: National Moving Day

26<sup>th</sup>: International Dog Day

# Dates for your diary

Second Monday\* of the month, 13:00-13:50 GMT



<b>Date:</b>	<b>Theme / guest speaker:</b>
June 9th	Julie Cosgrove - Menopause Symptoms and getting help
July 14th	Champion Supporter Chat
Aug 11th	Narinda Sheena - Chronic pain and neurodiversity
Sept 8th	Leeanne Brown - Nervous system, boundaries and breathwork
Oct 6th	Shirley Lane - Balancing Butterflies, Manopause
Nov 10th	Champion Supporter Chat
Dec 8th	Helen Cochran - Looking after your body and a guided meditation
Jan 12th	Sarah Snape - Confidently setting you up for the year
Feb 9th	Anita Arscott-Brooks - The Art of Bouncing Back
March 9th	Champion Supporter Chat
April 13th	Claire Elston - Neurodiversity in the workplace

# Exclusive discounts on training:

MHFA England Adult Mental Health First Aid:



& bespoke training/train the trainer / Power hour

Share your learning needs and requirements with me:

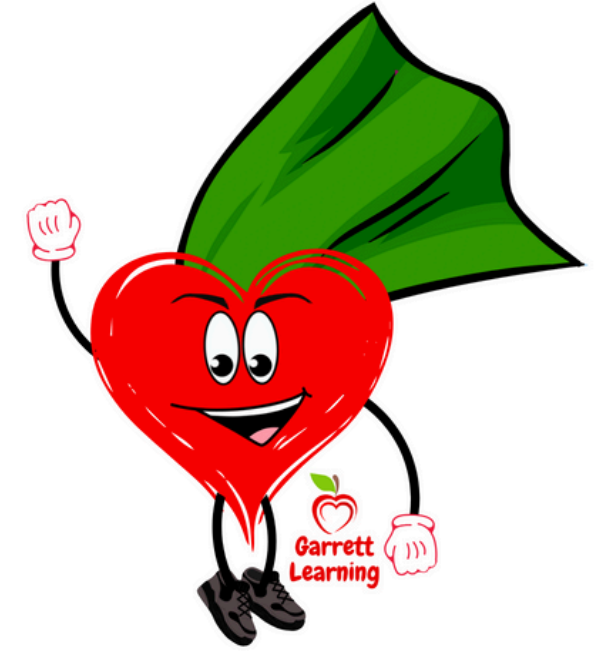
[wendy@garrettlearning.co.uk](mailto:wendy@garrettlearning.co.uk)



“YOUR BODY ADAPTS TO WHAT YOU EAT.  
YOUR MIND ADAPTS TO WHAT YOU CONSUME. YOUR SOUL ADAPTS TO WHAT  
YOU LOVE. WHAT YOU FEED YOURSELF TODAY IS WHO YOU BECOME  
**TOMORROW.**”

- JAMES CLEAR





# Welcome Amy!

from **Naturally Grown Health**

Topic: **Fueling your body**

We want to hear  
your feedback:



Q&A

Thank you for being here.