

# Health & wellbeing day

## The health champions

**We're calling in to see you.**

**Date** 10.10.2017

**Venue** Shire Hall, Warwick

**Contact** [healthandsafety@warwickshire.gov.uk](mailto:healthandsafety@warwickshire.gov.uk)

**Time** 10am - 4.30pm

**Bookings** Drop in event



HEALTH  
AT WORK

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**Visit our health zones and learn about your health with our team of British Heart Foundation (BHF) experts.**

### Be active zone

How much physical activity does it take to make a difference? Take our interactive Wii Fit and step challenges and find out with our BHF physical activity expert.

### Eat well zone

Make sense of food labels, get a BMI check and look at food groups in this hands-on session with a BHF dietitian.

### Think well zone

Are you coping with stress in a healthy way? A look at techniques for better wellbeing with our Stress Thermometer and active distraction exercises.

### Changing habits zone

Are you drinking more units than you realise? Play the famous Beer Goggles game and try the Smokerlyser test. Find out how you can change your health habits.

Each participant takes away a **Heart Health Pack** containing:

- **booklets** on healthy eating, physical activity and wellbeing
- the latest edition of our **magazine**
- our fabulous **recipe book** filled with great ideas and dishes.

Plus, we offer all staff a chance to join **Heart Matters**, a free service to help you live with a healthy heart. Benefits include a **magazine**, **online lifestyle check** and a **helpline** staffed by cardiac nurses.



# HEALTH AT WORK