


## Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
<b>Monday</b> August 14 <sup>th</sup> , 2023	Service Awareness	Practical Information and Advice through Care first	‘Practical Information and Advice through Care first’ <b>TIME:</b> 12pm-12.30pm <b>Link:</b> <a href="https://attendee.gotowebinar.com/register/8868687610496995421">https://attendee.gotowebinar.com/register/8868687610496995421</a> The webinar provides detail about who our Information Specialists are and their role as part of your EAP service.	
<b>Wednesday</b> August 16 <sup>th</sup> , 2023	Care first Awareness	How Care first Can Support you	‘How Care first can support you’ <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/2853801554166913375">https://attendee.gotowebinar.com/register/2853801554166913375</a> A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
<b>Friday</b> August 18 <sup>th</sup> , 2023	Mental and Physical Wellbeing	Tips for a Good Night’s Sleep	‘Tips for a Good Night’s Sleep’ <b>TIME:</b> 12pm – 12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/6506580392267038299">https://attendee.gotowebinar.com/register/6506580392267038299</a> A webinar detailing how a good night's sleep can improve your overall wellbeing, whilst offering tips for how you could improve your sleep.	

Please be assured that registrant information is held confidentially and your organisation is not notified of your attendance/non-attendance to these webinars.

Please note that these themes and events may be subject to change

Please be aware software ‘GoToWebinar’ is needed to join/view these webinars and may need to be downloaded – There could be restrictions through your organisation