




Care first Weekly Publicity Calendar

| Day/date/time | Daily Theme | Article | Webinar | Join |
|---|-----------------------------|---|--|---|
| <p>Monday February 19th, 2024 12pm-12.30pm</p> | <p>Service Awareness</p> | <p>Care first Lifestyle – Your Digital Wellbeing Solution</p> | <p>LINK: https://attendee.gotowebinar.com/register/7673677904456894560</p> <p>This webinar walks you through the Lifestyle website, with details and demonstrations of the tools on offer and how to access it.</p> |  |
| <p>Wednesday February 21st, 2024 12pm-12.30pm</p> | <p>Care first Awareness</p> | <p>How Care first Can Support you</p> | <p>LINK: https://attendee.gotowebinar.com/register/4073837252699560541</p> <p>A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.</p> |  |
| <p>Friday February 23rd, 2024 12pm-12.30pm</p> | <p>Mental Health</p> | <p>The Benefits of Being Outdoors</p> | <p>LINK: https://attendee.gotowebinar.com/register/5334588962154393944</p> <p>This webinar explores the positive impact spending time outdoors has on our mental health.</p> |  |

'GoToWebinar' software is needed to join/view these webinars and may need to be downloaded – there could be restrictions through your organisation.

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

Note that these themes and events may be subject to change without notice.

