

Rail Wellbeing Live 17 & 18 November 2021

CHOOSE FROM 75 SESSIONS TO HELP YOU LIVE A HAPPIER, HEALTHIER LIFE INCLUDING...



PAUL MERSON
Former Footballer & Pundit



FEARNE COTTON
Television Presenter



REBECCA ADLINGTON
Olympic Medallist



JASON FOX
SAS: Who Dares Wins



BRYONY GORDON
Author: Mad Girl



DR RUPY AVJLA
The Doctor's Kitchen

Look after your mental health

Build resilience in challenging times
How to build a healthy brain
Use music to manage emotions



Fix those aches and pains

Fend off neck and back pain
Winter stretch workout
Importance of flexibility/mobility



Eat well

Ask the nutritionist
Nutrition for shift work
Eating well: hacks on the go!



Sleep well

Sleep well, live well
Reduce fatigue for shift workers
Sleep quality: feeling rested



PLUS...

Addiction | Financial Wellbeing | Menopause
Prostate Cancer | PTSD/Trauma | Relationships |
And many more...



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