

# 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 AUJLA**  
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...



Scan the QR code and  
register for **FREE** today



**Rail Wellbeing LIVE**

Inspiring healthy lives across the railway

[www.railwellbeinglive.co.uk](http://www.railwellbeinglive.co.uk)

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