



## WELLBEING WEBINARS

Together with Health Partners, Jaguar Land Rover have presented several webinars ranging across various wellbeing topics. The webinars aim to give a broader understanding of these health topics and give our people the chance to ask a question to the experts.

Our webinars are hosted on our Employee Communications YouTube channel and are linked below.

20<sup>th</sup> January 2022 [Nutrition & Behaviour](#)

27<sup>th</sup> January 2022 [Stress Triggers](#)

24<sup>th</sup> February 2022 [Mindfulness & Self Care](#)

31<sup>st</sup> March 2022 [Sleep](#)

28<sup>th</sup> April 2022 [Diabetes Awareness](#)

26<sup>th</sup> May 2022 [Blood Pressure & Hypertension](#)

30<sup>th</sup> June 2022 [Eating for Health and Energy](#)

4<sup>th</sup> August 2022 [How To Climb a Mountain](#)

25<sup>th</sup> August 2022 [Healthy Weight for Life](#)

29<sup>th</sup> September 2022 [Introduction to Back Care](#)

27<sup>th</sup> October 2022 [Suicide and Self-Harm Prevention](#)

24<sup>th</sup> November 2022 [Mens Health](#)

Upcoming webinars will be advertised via your local Team Talk communications. Please look out for our monthly sign up forms.

