

Health & Wellbeing Webinar

Monday 9th April 2018



Topic: Alcohol & Substance Awareness

Speakers: **Ria Ingleby**, Health and Wellbeing Coach, Consultant and Founder of The Well+ Group

Kate Taylor, Nutritionist and Founder, The Food Boss

Krissy Simmins, Senior Acas Advisor, Acas South East

Kush Sankla, Digital Transformation Manager, Solutions 4 Health Ltd

We are delighted to launch a series of Health and Wellbeing Webinars. Where each month the Chamber will focus on a different health topic theme, encouraging employee wellbeing.

April sees us focus on alcohol and addictive substance awareness in the workplace, with expert coach, consultant and facilitator from the Well+ Group **Ria Ingleby**. She will be joined by key speakers who will share details on how to get support, the health risks and also the implications for both the employee and the employer.

Find out more on our website and sign up now.

10:00-11:00

Members: Free of Charge **Non-Member Guests:** Free of Charge

Well⁺

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Visit www.thamesvalleychamber.co.uk/event

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