

# Health & Wellbeing Webinar

Monday 5th November 2018



**Topic:** Sleep Awareness

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

**Andrea Martin** – Director – Health In Action

**Rachel McGuinness** – Chief Vitality Officer - Wake up with Zest

Sleep is as important as drinking, eating and breathing. By not getting enough sleep on a regular basis will affect employee's performance in the workplace, but has also been proven to lead to further health related issues that include; Heart disease, heart attacks, heart failure, an irregular heartbeat, stroke, anxiety and depression, to name only a few. Our penultimate webinar of 2018 is focused about simple ways to improve the quality of your sleep resulting in a boost in productivity.

10:00-11:00

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

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