



Working better
through wellbeing

WorkWell 'Mental Wellbeing in the Workplace' Workshop

Join us for a **free** interactive workshop specifically designed to equip workplaces with practical resources and tools that can assist in maintaining or improving mental health and wellbeing in the workplace.

Guests will be treated to headline presentations from experts in the Mental Health and Wellbeing field; Lisa Ducat from the Mental Health Foundation and Phil Jones a Mindfulness Coach and Trainer.

Presentations to support the theme will be delivered by WorkWell workplaces - Bay of Plenty Regional Council and Waipuna Hospice.

Please email your RSVP by Friday 12 May to work.well@bopdhb.govt.nz or phone 0800 221 555 to speak with a WorkWell Advisor.

Places are limited; secure your place to not miss out!

Dates and Locations

Rotorua

Wednesday 24 May
9:00am to 12:00pm

Toi Te Ora – Public Health
Service
1st Floor
1161 Amohau Street,
Rotorua

Mount Maunganui

Thursday 25 May
9:00am to 12:00pm

Family Works Hillier Centre
31 Gloucester Road,
Mount Maunganui

www.workwell.health.nz

WorkWell

Phone: 0800 221 555
Visit: www.workwell.health.nz
Email: work.well@bopdhb.govt.nz

Toi Te Ora
Public Health Service
BAY OF PLENTY DISTRICT HEALTH BOARD
Serving Bay of Plenty and Lakes Districts

Our Workplace, Our Responsibility