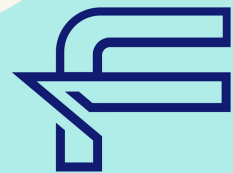


Physical Activity in the Workplace

for Managers and Employees



**HEALTHY
WORKPLACES
DERBYSHIRE**



How to improve physical activity levels and wellbeing in the workplace.

Topics include:

- How to increase physical activity levels in the workplace
- The benefits of physical activity for good mental health
- Your role as a physical activity champion and how to improve the wellbeing of your colleagues

£160

Wednesday 20th July 2022
1:30pm - 5pm

TO BOOK:*

<https://www.eventbrite.co.uk/e/physical-activity-in-the-workplace-tickets-339788475477>

**HEALTHY
WORKPLACES
DERBYSHIRE**

**FUTURE FIT
FOR BUSINESS**

*Limit of 5 places per workplace for each workshop