

Wellbeing Event Archive

2021-2022



Our wellbeing events help you put your wellbeing first, and cover a range of topics delivered by specialist guest facilitators. Please find our archive from 2021-2022.

Wellbeing Forum

Daring to Hope

Moving Forward With Courage

Spring Stepping Stones

Behind the Screen

Making Hybrid Work

Wellbeing Backpack

Recharge

Nutrition and Diet

Mental Wellbeing for All Ages

What is Mental Health First Aid?

Wellbeing Workshops

The Power of Sleep

Meditation for Wellbeing

Reducing Anxiety

Wheel of Life

Stop and Breathe

Finding Your Values

Tackling Back and
Musculoskeletal Pain

Meditation for Wellbeing

Recharging: Personal Life-
giving Sources

Browse our upcoming events here:
www.birminghamwellbeing.org.uk/events