



IN AID OF  
NHS CHARITIES  
TOGETHER

# LIVE LIFE WELL

Virtual  
Weekender

10 MAY 2020

# FRIDAY 8TH MAY

FITNESS. WORKPLACE. MENTAL HEALTH. SELF-CARE. FOOD & NUTRITION. FUN. PARENTING

SUPPORTED BY

**happiful**

8:00AM

## MORNING MOVES

SUZY READING

8:20AM

## MORNING MOVES

TIK TOK J-LO SUPERBOWL  
KIM COLLICUTT

9:00AM

## SENIOR MOVES

TANIA SWIFT

10:30AM

## MID MORNING MOVES

### SOS BOSS

BONNIE LISTER-PARSONS

11:30AM

## HEALTH

### HOW COVID19 HAS AFFECTED OUR HEALTH & WELLBEING

DR DAWN HARPER, DR SARAH JARVIS,  
BARONESS GREENFIELD

12:30PM

## MENTAL HEALTH

### MANAGING STRESS & ANXIETY IN TIMES OF UNCERTAINTY

JOSH ROBERTS, DR.AARON BALICK, RACHEL  
KELLY & LUCY DONOGUE

1:30PM

## WORKPLACE

### FINDING YOUR PURPOSE DURING FURLOUGH

NATASHA DEVON & FIONA PHELPS,  
PETRA VELZABOER

2:30PM

## RELAXATION

### MINDFULNESS & MEDITATION

NATALIE PENICOTTE COLLIER

3:30PM

## PARENTING

### HOW TO RAISE HAPPY & RESILIENT KIDS

JOY & ANNABEL IGROWCO

4:30PM

## STUDY

### YES YOU CAN: ACE STUDYING

NATASHA DEVON

5:30PM

## WORKPLACE

### LOVE IT OR LEAVE IT

SAMANTHA CLARKE

6:30PM

## COOKALONG

### NOTHING IN MY FRIDGE:

### STIR FRY WITH ZERO WASTE CHEF

MAX LA MANNA

7:30PM

## AN EVENING WITH

### A COMEDIAN'S TAKE ON MENTAL HEALTH

JULIETTE BURTON & JAKE MILLS

