


Care first

Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday February 27 th , 2023	Service Awareness	Care first Lifestyle	<p>'Care first Lifestyle – Your digital wellbeing solution'</p> <p>TIME: 12pm-12.30pm</p> <p>LINK: https://attendee.gotowebinar.com/register/951756385699255645</p> <p>This webinar walks you through the lifestyle website, with details and demonstrations of the tools on offer and how to access it.</p>	
Wednesday March 1 st , 2023	Care first Awareness	How Care first can support you	<p>'How Care first can support you'</p> <p>TIME: 12pm-12.30pm</p> <p>LINK: https://attendee.gotowebinar.com/register/7182938369485716310</p> <p>A webinar for awareness and how to access the EAP service provided by Care first.</p>	
Friday March 3 rd , 2023	Physical Health	Tips to improve your posture	<p>'Tips to improve your posture'</p> <p>TIME: 12pm – 12.30pm</p> <p>LINK: https://attendee.gotowebinar.com/register/5064741313206950232</p> <p>A session offering some useful tips to improve your posture when desk bound or working from home.</p>	

Please be assured that registrant information is held confidentially and your organisation is not notified of your attendance/non-attendance to these webinars.

Please note that these themes and events may be subject to change

Please be aware software 'GoToWebinar' is needed to join/view these webinars and may need to be downloaded – There could be restrictions through your organisation