



Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday May 29 th , 2023	BANK HOLIDAY			
Wednesday May 31 st , 2023	Care first Awareness	How Care first can support you	<p style="text-align: center;">‘How Care first can support you’ TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/5384024098582540887 A webinar for awareness and how to access the EAP service provided by Care first.</p>	
Friday June 2 nd , 2023	Mental Health	Ways Gratitude can Boost Happiness	<p style="text-align: center;">‘The Ways Gratitude can Boost Happiness’ TIME: 12pm – 12:30pm LINK: https://attendee.gotowebinar.com/register/5299176985273924437 This webinar helps viewers understand the impact and benefits there are to showing gratitude, particularly focusing on the ways in which gratitude can boost our happiness.</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