

# Health and Wellbeing Training July to September 25



Lancashire &  
South Cumbria  
PRIMARY CARE TRAINING HUB

## Training for Wellbeing Champions

Wellbeing Champion Training 2<sup>nd</sup> September 1-2pm

[Book here!](#)

Building personal and team resilience 15<sup>th</sup> July 11.30.-12.30

[Book here!](#)

Recognising Stress, compassion fatigue & resilience 4<sup>th</sup> August 12.30-1.30

[Book here!](#)

Wellbeing techniques 3<sup>rd</sup> September 11-12noon

[Book here!](#)

## Menopause Support Sessions for all staff members

This is a support session for those experiencing menopausal symptoms or going through menopause or anyone who wants more information on the menopause or HRT

Claire Morgan who is a GPN from Library House will be hosting the session. She is referred to as the Menopause Nurse and has extensive knowledge and experience in this area

15<sup>th</sup> July 1-2pm

[Book here!](#)



Click here to visit  
our Health and  
Wellbeing  
webpage

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