



# Autumn/Winter Wellbeing Series

Welcome to your **Weekly Wellbeing Series** streamed live from our new **4K Wellbeing Studio** from October 7th.

The series will aim to equip you to manage your wellbeing during this period of increased change and anxiety. The series will touch on physical, lifestyle and emotional wellbeing in response to the changing restrictions and experiences of Covid-19. Each session will be led by our top experts as always, ensuring you have the most up to date information to manage your wellbeing.

To Register for this first event click [here](#)

## The Schedule

All Sessions Start at 1pm

<b>October 7th</b> Small Steps to Self-Care	<b>October 14th</b> Managing Your Mental Health During Covid-19	<b>October 21st</b> Remote Working Top Tips	<b>October 28th</b> Checking Your Home Desk Set Up
<b>November 4th</b> Introduction to Yoga	<b>November 11th</b> Managing Change as a Parent	<b>November 18th</b> Your Daily Home Workout	<b>November 25th</b> Practicing Mindfulness
<b>December 2nd</b> Food Demo: Top Tips Over The Holiday Period	<b>December 9th</b> Finding Balance when Walking a Tightrope	<b>December 16th</b> Maintaining Remote Social Connections	<b>January 6th</b> What's Your Wellbeing Resolution for 2021?