

# Your Wellbeing Experience on Workplace Wellbeing Day

NATIONAL  
WORKPLACE  
WELLBEING DAY  
WORKING TOGETHER FOR  
A HEALTHIER FUTURE



#workwell21

**Friday 30th April** is National Workplace Wellbeing Day in Ireland and to help you take some time out from your working day we have created a special, complimentary wellbeing experience for you to access [here](#) delivered by our experts and special guests from our digital wellbeing studio straight into your home!

The sessions range from 30-45 mins long. Tune in live at the times below or watch in your own time on demand throughout the day.

We hope you enjoy, happy Workplace Wellbeing Day !

## YOUR WORKPLACE WELLBEING GYM AND SEMINAR MORNING:

April

Friday 30th  
**8:00am**

### Family Fitness

A great way to begin workplace wellbeing day and get the energy and smiles for a Happy Friday. Fun, engaging and exercises that the whole family can do! Delivered by one of our fitness experts.

April

Friday 30th  
**11:00am**

### Desk Yoga

Working from home means we do not get to break away from our working postures as much as we used to in the office. Prolonged poor positions accumulate and lead to soreness and pain in the joints and muscles around these joints. Quick exercises at your desk can help keep these aches and pains away. Delivered by one of our fitness experts.

April

Friday 30th  
**1:15pm**

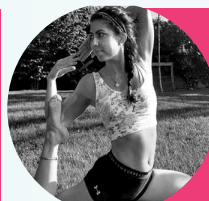


### Wellbeing Seminar

with special host **Claire McKenna**, presenter of Alive and Kicking on Newstalk Radio. Join us for an interactive and engaging food hack inspired demo to keep us eating well as we work from home from **TV chef Erica Drum** followed by a 10 minute meditation session to set us up for the afternoon with **Laurel Gosselin**.



Erica is a chef, influencer, & recipe developer. Erica is a regular TV Chef on the Six O'clock Show and has carried out over 100 live cook-alongs since the pandemic began.



Laurel is one of our new trainers in the Digital Gym. Laurel is an internationally qualified Level Personal Trainer, Yoga Instructor and Life Coach.

**To access on the day:** live or on demand. after the live session click [HERE](#) or URL: <https://wellbeing.spectrum.life/national-workplace-wellbeing-day/>