

STAFF HEALTH = BUSINESS WEALTH – a Conference

Wednesday 3rd November 2010 – National Stress Awareness Day

Lagan Valley Island Conference Centre, Lisburn

PROGRAMME

- 0915 - **Registration** – Tea and Coffee
- 0930 - **Opening by Jeffrey Donaldson, MP** introduced by Letitia Fitzpatrick, the day's MC
- 0945 - *The Business Case for Workplace Health & Well Being Initiatives* – Beth Gibb
- 1015 - *The Legal Perspective* – Siobhan Donnelly
- 1045 - *Food and Mood* – Vanessa McMinn
- 1115 - **BREAK** and visit Exhibitors
- 1145 - *Dress for Success* – Alma McManus
- 1215 – *Dealing with Drugs and Alcohol in the Workplace* – Rebecca Roberts
- 1245 - *Q&A session and Part One of Business Card Draw*, facilitated by Letitia Fitzpatrick
- 1pm - **LUNCH** and time for visiting exhibitors for resources and ideas to implement healthy initiatives in the workplace
- 1.45 - *A Drum Circle*, facilitated by Joe Loughlin
- 2.30 - *A Living and Breathing Case Study* – Letitia Fitzpatrick
- 3pm - *Yoga at your Desk* – Kathryn Bryson
- 3.30 - *Part Two of Business Card Draw*
- 3.45 - *Plenary Session* – facilitated by Letitia Fitzpatrick
- 4pm - **CLOSE**