

February Wellbeing Series

It's February! We've got a great variety of shows coming up. First up, we'll be coming together for World Cancer Day. Next, we'll be looking at 'Building relationships in a digital world.' In week three, we're raising awareness of Endometriosis. So tune in to find out more about this often misunderstood condition.

Our Hosts



Keith Walsh
Radio DJ, Writer & Presenter



Eimer Daly
Presenter



Clare McKenna
Radio & TV Presenter

Coming together for World Cancer Day

Wednesday 7th February, 1:15pm

This week on the series we will be marking World Cancer Day. Tune in for an insightful discussion. We will extend warmth and support to those who are facing the difficulties of cancer.



Claire Bowman
Irish Cancer Society



Dr. Neesha Patel
Health Psychologist

Building relationships in a digital world

Wednesday 14th February, 1:15pm

Learn the traits of an authentic relationship. Join us as we discover how to build strong connections in the digital and real world. Please tune in for lots of tips and advice from our guest expert.



Jennifer Watson
Mental Health Promotional Officer at Spectrum.Life



Annie Lavin
The Relationship Coach

Endometriosis Awareness

Wednesday 21st February, 1:15pm

We're raising awareness of Endometriosis. Learn about this often misunderstood condition. Join us as we advocate for better care, research, and support for those affected.



Dr. Neesha Patel
Health Psychologist

Eating Disorder Awareness Week

Wednesday 28th February, 1:15pm

On this week's show, we will be focusing on eating disorders. Join us as we extend awareness, compassion, and support to those affected. Learn about the challenges and what help is available.



Dr. Neesha Patel
Health Psychologist



Ellen Jennings
BodyWhys



eLearning

This e-learning course is designed to provide you with essential knowledge and practical strategies to prioritize your well-being and make informed decisions about your health. The course addresses important topics such as staying active, maintaining a healthy lifestyle, and nutritional considerations.

Guides

- 'How to' Tipsheet to download, view and share.
- World Mental Health Day
- Natural Ways to Reduce the Symptoms of Menopause

How to access the Wellbeing Studio:

You will be able to see a full schedule of seminars on your Health and Wellbeing platform. Here you can view all seminars live or catch up on demand.

1. Go to **app.spectrum.life**
2. Sign in using your username (email) plus password or valid organisation code available from your HR team lead (if this is your first time accessing the platform). The top navigation will contain the Digital Studio with drop down for the Wellbeing Series

