

Care first

Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar
Monday April 25th, 2022	Service awareness	Care first Lifestyle – Your digital wellbeing solution	<p>‘Care first Lifestyle – Your digital wellbeing solution’ TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/6350224330870373643 This webinar walks you through the lifestyle website, with details and demonstrations of the tools on offer and how to access it.</p>
Wednesday April 27th, 2022	Care first awareness	How Care first can support you	<p>‘How Care first can support you’ TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/2581643828621711375 A webinar for awareness and how to access the EAP service provided by Care first</p>
Friday April 29th, 2022	Awareness	Alcohol Awareness	<p>‘Alcohol Awareness’ TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/4022864978587381520 A webinar detailing the impact alcohol can have on your physical and mental health, while offering ideas to reduce your alcohol consumption</p>

Please be assured that registrant information is held confidentially and your organisation is not notified of your attendance/non-attendance to these webinars.

Please note that content may include guidelines applicable to the UK, however guidelines for Wales, Scotland and Ireland may vary. Please refer to .gov for the latest guidance in your region.

Please note that these themes and events may be subject to change as the situation develops.