

# Care first

## Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
<b>Monday</b> AUGUST 1st, 2022	Service awareness	Care first Lifestyle, your digital wellbeing solution	<p>'Care first Lifestyle - your digital wellbeing solution'</p> <p><b>TIME:</b> 12pm-12.30pm</p> <p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/1988136250210102283">https://attendee.gotowebinar.com/register/1988136250210102283</a></p> <p>This webinar walks you through the lifestyle website, with details and demonstrations of the tools on offer and how to access it.</p>	
<b>Wednesday</b> AUGUST 3rd, 2022	Care first awareness	How Care first can support you	<p>'How Care first can support you'</p> <p><b>TIME:</b> 12pm-12.30pm</p> <p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/3576877775806875661">https://attendee.gotowebinar.com/register/3576877775806875661</a></p> <p>A webinar for awareness and how to access the EAP service provided by Care first.</p>	
<b>Friday</b> AUGUST 5th, 2022	Mental Health	The benefits of being active	<p>'Being active, In association with Cycle to Work day'</p> <p><b>TIME:</b> 12pm-12.30pm</p> <p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/949508979329268493">https://attendee.gotowebinar.com/register/949508979329268493</a></p> <p>This webinar looks at how being active can improve you physical and mental wellbeing.</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 these themes and events may be subject to change

Please be aware software 'GoToWebinar' is needed to join/view these webinars and may need to be downloaded – There could be restrictions through your organisation