

Care first

COVID-19 Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar
Monday MARCH 30, 2020	Understanding COVID-19	A guide to understanding COVID-19	Understanding COVID-19 & how Care first can support you TIME: 2pm-2.30pm LINK: https://attendee.gotowebinar.com/register/5007571083409549836
Tuesday MARCH 31, 2020	Physical Health & Wellbeing	Tips to look after your physical wellbeing from Home	'Looking after your physical wellbeing with Care first Lifestyle' TIME: 11am-11.30am LINK: https://attendee.gotowebinar.com/register/1520204973587343627
Wednesday APRIL 1, 2020	Mental Health & Wellbeing	Tips to look after your mental wellbeing from Home	Mental Health Awareness in line with COVID-19 TIME: 2pm-2.30pm LINK: https://attendee.gotowebinar.com/register/2633458297712618765
Thursday APRIL 2, 2020	Working from Home	Keeping your routine whilst self-isolating & tips whilst working from Home	Top Tips for working from home & support from Care first TIME: 12.30pm-1pm LINK: https://attendee.gotowebinar.com/register/5447166827307331851
Friday APRIL 3, 2020	How Care first can provide support & advice during the COVID-19 pandemic	Care first Awareness	Care first Awareness Session in line with COVID-19 TIME: 11am-11.30am LINK: https://attendee.gotowebinar.com/register/1427162100650334733

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