

# December Wellbeing Series

An engaging health and wellbeing studio experience delivered to a dedicated platform, supporting you as you continue to work remotely. This month focuses on Surviving the Festive Period!

**Host: Fionnuala Jay**



Writer, Podcaster and Producer.

**What this series delivers:**

- 4 live seminars with option to interact with the host and guest via polling and Q&A function.
- 'Surviving the Festive Period' e-learning.
- Supportive tipsheets relating to the series topics for you to download, read and share with your colleagues.

## Seminars

December

**Wednesday  
1st  
@ 1.15pm**

### **Festive Finances**

How have your finances been impacted this year? Whether you're looking to save, clear debts, or budget better, this seminar is for you. We'll be joined by a guest expert who will advise us on how to manage and take control of our finances going into the busiest month of the year and the year ahead



**Ann-Marie Gaynor 'Irish Budgeting Mammy'**  
Money management & Mental Health nurse

December

**Wednesday  
8th  
@ 1.15pm**

### **Mental Health Check In**

December can be a period of mixed emotions, and with the effects of Covid-19, life hasn't been quite so 'normal' this year either... so this week we'll be focusing on taking better care of ourselves, looking out for others, work-life balance, intuitive eating and mental health over the Christmas period.



**Niamh Orbinski**  
Nutritionist & Intuitive Eating Counsellor



**Patricia McAdoo**  
Psychologist

December

**Wednesday  
15th  
@ 1.15pm**

### **Celebrate & Reflect**

It's the final week of the series, join us for a celebration as we reflect on the year gone by. We'll be joined by very special guests who will get us into the mood for the party season with some delicious demos.



**Erica Drum**  
TV Chef & Recipe Developer



**Vaughn Yates - The Virgin Mary Bar**  
Europe's first dedicated alcohol free cocktail bar