



Topic	Speaker / Presenter	A little bit about the speaker / presenter
<a href="#">Stop Skimping on Sleep</a>	Deirdre McSwiney	This Webinar is led by Sleep Expert, Deirdre McSwiney is a Sleep Technologist & expert. Deirdre has 18 years' experience working in Sleep Medicine. She is a founding member of the Irish Sleep Society, a member of the British Sleep Society, and a member of the Behavioural Medicine Faculty of Penn University.
<a href="#">Using This Time to Optimise Your Diet</a> Password to access the link: ApvBcRp3	Katie O'Shea,	Katie O'Shea is a Weight Management Specialist
<a href="#">Parenting - Establishing New Routines During COVID-19 and Beyond</a>	Anita Fletcher	Anita Fletcher is a parenting expert and is an accredited trainer and life coach with a particular interest in the early years and adolescence. Her experience includes 10 years of coordinating and training parenting groups and mentors
<a href="#">Exercises that can be done at home to relieve stress</a>	Adonis Bunghis	Adonis is a psychologist, psychotherapist, coach and trainer in Personal Development.
<b>Working from home &amp; Ergonomics</b>  <b>Watch this space, Video link to this webinar will be uploaded soon</b>	Brian Crinion	This session is led by Ergonomics Specialist and Chartered Physiotherapist, Brian Crinion.

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**For the guided Mindfulness sessions, please see the recording links on the next page**



As part of Mental Health Awareness Week Vitality hosted daily LIVE mindfulness sessions

If you have not been able to join in for the live session, you can view the guided session by clicking on any of the links below for whenever it's more convenient for you. Each session covers a different topic.

Topic: Kindness

[View guided recording](#)

Topic: Confidence

[View guided recording](#)

Topic: Resilience

[View guided recording](#)

Topic: Wisdom

[View guided recording](#)

Topic: Happiness

[View guided recording](#)