

# Living a Healthy Life

## January Health Fair - Session Timetable

### 18th January

Your Health Notts Notts Talk	12:00pm - 2:00pm Presentation: 12:00pm	Worksop Town Hall Ceres Suite	<ul style="list-style-type: none"> <li>• Nutrition</li> <li>• Smoking</li> <li>• Physical health</li> <li>• Mental health</li> </ul>
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### 23rd January

Menopause Rockstar	9:30am - 10:45am Presentation: 9:30am	Carlton Forest Meeting Room	<ul style="list-style-type: none"> <li>• Perimenopause</li> <li>• Changes in hormones &amp; symptoms</li> <li>• The impacts of stress on well-being and menopause transition</li> <li>• Lifestyle interventions to support the transition</li> </ul>
Mairi Taylor Pilates*	12:00pm - 1:00pm	Worksop Town Hall Assembly Room	<ul style="list-style-type: none"> <li>• Pilates</li> </ul>
Mairi Taylor	Presentations: 1:15pm - 2:30pm 2:45pm - 4:00pm	Worksop Town Hall Assembly Room	<ul style="list-style-type: none"> <li>• Perimenopause</li> <li>• Changes in hormones &amp; symptoms</li> <li>• The impacts of stress on well-being and menopause transition</li> <li>• Lifestyle interventions to support the transition</li> </ul>
NHS Foundation Trust	11am - 11:30am Presentation: 11:00am	Worksop Town Hall Ceres Suite	<ul style="list-style-type: none"> <li>• What is breast screening</li> <li>• Who is invited</li> <li>• How are they invited</li> <li>• What happens at the appointment</li> <li>• Over 71?</li> <li>• Why is it important to attend</li> <li>• Risks of attending</li> <li>• Self-checks</li> </ul>
NHS Foundation Trust	1:00pm - 1:30pm Presentation: 1:00pm	Carlton Forest Meeting Room	
Aurora Wellbeing Services	10:00am - 12:00pm	Worksop Town Hall Ceres Suite	<ul style="list-style-type: none"> <li>• Cancer prevention stalls and literature</li> </ul>
Nottinghamshire Mind	10:00am - 12:00pm	Worksop Town Hall Ceres Suite	<ul style="list-style-type: none"> <li>• Stalls and literature in relation to mental health</li> </ul>
Nottinghamshire Mind	2:00pm - 4:00pm	Carlton Forest Meeting Room	

Change Grow Live	2:00pm - 4:00pm	Carlton Forest Meeting Room	<ul style="list-style-type: none"> <li>• Alcohol prevention stalls and literature</li> </ul>
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### 24th January

Change Grow Live	11:00am - 1:00pm	Worksop Town Hall Assembly Room	<ul style="list-style-type: none"> <li>• Alcohol prevention stalls and literature</li> </ul>
Aurora Wellbeing Services	2:00pm - 4:00pm	Carlton Forest Meeting Room	<ul style="list-style-type: none"> <li>• Cancer prevention stalls and literature</li> </ul>
Westfield	11:00am - 1:00pm Presentation: 12:00pm	Worksop Town Hall Assembly Room	<ul style="list-style-type: none"> <li>• Cash Plans presentation</li> </ul>
Westfield	2:00pm - 4:00pm Presentation: 2:00pm	Carlton Forest Meeting Room	

### 25th January

Optima Health Body MOT*	9:00am - 3:00pm	Worksop Town Hall Assembly Room	<ul style="list-style-type: none"> <li>• Height</li> <li>• Weight</li> <li>• BMI</li> <li>• Blood Pressure</li> <li>• Pulse</li> <li>• Smoking Status</li> <li>• Alcohol Intake</li> <li>• Diet</li> <li>• Exercise</li> <li>• Family Medical History</li> <li>• Stress Management</li> </ul>
Your Health Notts Notts Talk	2:30pm - 4:00pm Presentation: 2:30pm	Carlton Forest Meeting Room	<ul style="list-style-type: none"> <li>• Nutrition</li> <li>• Smoking</li> <li>• Physical activity</li> <li>• Mental health</li> </ul>

\*Please contact HR to book your place on Pilates and the Body MOT sessions. These are first come first serve and you will be asked to sign in.

Please inform your managers if you plan to attend health fair sessions.

