Mental health O

Monday 10 May	The Power of Nature & Wellbeing Lunch & Learn – 12:00 – 13:00 Join Zoom Meeting https://us02web.zoom.us/j/2412804940?pwd=UHJsNjIRdTNyaU5pck9ENm cremI0UT09 Meeting ID: 241 280 4940 Passcode: wellbeing	
Wednesday 12 May	SLT Wellbeing Event ~ for Mental Health Awareness Week ~ Hosted via zoom – look out for the invite 09:00 – 10:15	
Thursday 13 May	Meet the Good Mental Health Ambassadors – Employee Assistance Drop-In – 11:00 – 12:00 Join Zoom Meeting <u>https://us02web.zoom.us/j/2412804940?pwd=UHJsNjIRdTNyaU5pck9EN</u> <u>mcremI0UT09</u> Meeting ID: 241 280 4940 Passcode: wellbeing	
ALL WEEK – How have you connected with nature?	Share nature: The GMHA's want to know how you've been connecting with nature with our MHAW Nature Photography competition. Simply take a photo in one of the following 3 categories and send it to LIFEwellbeing@anglianwater.co.uk stating which category you are entering to be in the running to win a £20 National Garden Centre Voucher!! The categories are:	
Photography Competition	 ~ Insects & Wildlife ~ Trees & Flowers ~ Garden Improvements * Winners to be announced the following week 	







