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MINS



JANUARY

Female cancer. Is knowing better than not knowing?

Mark Richardson, CEO of Reframe Cancer and Rebecca Minton, Cancer Nurse Specialist examine the patient journey from screening and potential diagnosis to how the NHS and private sector can make the challenging journey as smooth as possible. A CNS from Reframe Cancer will be available the next day if you have any personal questions following the webinar.

Thursday January 30, 12 noon

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Wellbeing webinars

Everybody benefits from support, inspiration and insights

Our informative webinars will help you improve your physical health and mental wellbeing - in and out of the workplace.

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FEBRUARY

The enemy in my mind. The reality of eating disorders with Gemma Oaten.

The Emmerdale actress was a bright, carefree girl until she fought for her life in the grips of an eating disorder for over 13 years. Join Gemma as she shares her experience – how she fought back and now fights for others to do the same.

Tuesday February 25, 12 noon

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and insights to help you understand important health topics and embrace positive, life-changing habits.

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MARCH

Could your dentist help save your life?

Neil Sikka of Bupa Dental discusses the impact of lack of access to NHS dentistry and how the future of dentistry will develop. He explains the links between oral and general health and how dentists can spot some illnesses including oral cancer.

Wednesday March 19, 12 noon

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COMING SOON!