

# Rail Wellbeing Live

Inspiring healthy lives across the railway

2 & 3 November 2022

DAY 1

DAY 2



SIMON  
ALEXANDER ONG



SIMON  
WESTON



GAIL  
PORTER



DR JULIE  
SMITH



TRACEY  
COX



PAUL  
MCKENNA



TIM  
SPECTOR



DR DAVID  
HAMILTON



PROFESSOR  
GREEN



DR SAM  
AKBAR

REGISTER NOW

## THEMES



### INSPIRATION

Health and wellbeing talks to inspire your wellbeing journey



### LEADING WELLBEING

For managers and leaders who want to set the foundation for a healthy workplace



### HEALTHY LIVES

Practical sessions where you can learn how to improve your physical and mental health



### GET ACTIVE

With favourites such as yoga, pilates and stretches; plus the opportunity to learn something new!



Scan the QR code to register!

## PRIZE DRAW GIVEAWAY

For those who register before 30 September we're giving away fantastic prizes! Don't miss out on your chance to win:

- £100 Decathlon voucher
- Boxing bag & gloves
- Fitbit Luxe
- One year subscription to Psychologies magazine
- RunPods earphones!

WITH THANKS TO OUR SPONSORS



[www.railwellbeinglive.co.uk](http://www.railwellbeinglive.co.uk)