

Hello! I'm Lydia, your Mental Health and Wellbeing Coach for the YOURHealth's Pharmacy Wellbeing Service.

MEN's HEALTH WEEK 12-19 June 2022 #MENSHEALTHWEEK

- Health MOT for men everywhere!
- CAN DO Manual for Men's Health Champions to boost mental wellbeing.
- Man MOT
- Man MOT for the Mind
- Man MOT training



[Men's Health Week 2022 | Men's Health Forum \(menshealthforum.org.uk\)](https://menshealthforum.org.uk)

BNF HEALTHY EATING WEEK 13-17 JUNE 2022

- Eat well for you and the planet
- Free information, activities and resources to support people sustain healthier diets.

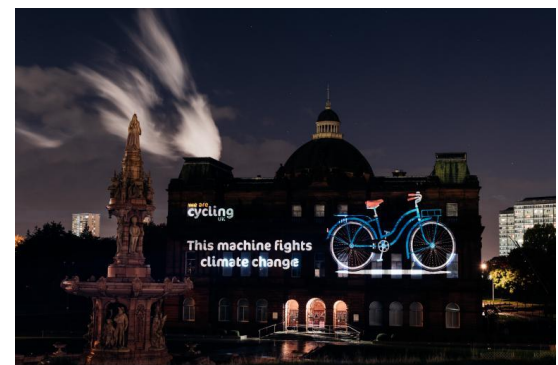
[Healthy Eating Week - British Nutrition Foundation](https://www.bnf.org.uk/healthy-eating-week)



BIKE WEEK 6-12 June 2022

- Encouraging people to enjoy their community by bike.
- Opportunities to organise a ride.
- Opportunities to encourage your workplace to take part in Bike Week.
- Opportunities to try something new.
- Celebrate cycling #BikeWeekUK
- Opportunities to raise money to help transform cycling in your local area.

[Bike Week 2022 | Cycling UK](https://www.cyclinguk.org/)



LOVE YOUR LUNGS WEEK 21-27 JUNE 2022

Celebrating how we can continue to love our lungs.

- Mission to change the way lung health is perceived.
- Fighting to prevent lung disease through cleaner air, against smoking and injustice.
- Diagnosing lung disease earlier and more accurately.
- Giving people the best opportunity to live well with lung conditions.
- Drive for life-changing research and innovation.



[Love your Lungs Week | Asthma + Lung UK \(blf.org.uk\)](https://www.blf.org.uk)



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[Pharmacy Wellbeing Service - YOURhealth: Delivering positive health outcomes. \(nhs-health-trainers.co.uk\)](https://www.nhs-health-trainers.co.uk)