

NTUC U PME Webinar Series



# WORK FROM HOME WELLNESS

FITNESS, NUTRITION & MENTAL HEALTH

- ✓ Grasp self-care tips for your physical and mental well-being when working from home.
- ✓ Learn home exercises, get tips on managing stress and anxiety, and boost your immunity through nutrition.
- ✓ Put on your exercise gear and let's beat the blues!

**22 MAY . 5PM - 6.45PM**

WEBINAR VIA ZOOM

REGISTER: [bit.ly/wfhwellness](https://bit.ly/wfhwellness)

*(Please share)  
This email is BCC to all UA Leaders*

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## Work From Home Wellness Fitness | Nutrition | Mental Health

**Date:** 22 May 2020 (Fri)

**Time:** 5.00pm-6.45pm

**Click [HERE](#) to register.**

**Registration closes on 21 May 2020. Limited slots available!**

COVID-19 has resulted in new stressors – restricted social connections, disrupted routines, job loss, economic uncertainty and fear of death - that may affect our physical and mental wellbeing. People with no underlying physical or mental health issues may also feel overwhelmed during this period.

As many businesses move towards remote working, the new norm of working from home can be lonely and stressful, even if we are prepared for it. Hence, maintaining a healthy body and mind is important during this period and it brings us to questions like: *How do we eat right? How can we work out when we are cooped up at home? How can we sleep well when we are anxious about everything?*

This webinar provides practical tips on how to maintain optimal physical and mental well-being whilst you work from home.

#### **KEY TAKEAWAYS**

- Equip yourself with self-care tips for your physical and mental well-being when working from home.
- Learn home exercises, get tips on managing stress and anxiety, and boost your immunity through nutrition.

#### **PROGRAMME**

- 5pm: Welcome and Introduction
- 5.10pm: "Staying Active to Optimise your Physical Health" by Fitness Movement + Q&A
- 5.45pm: "Optimum Nutrition to Boost Immunity" by Singapore Nutrition & Dietetics Association + Q&A
- 6.10pm: "Coping with Stress and Anxiety" by Association of Psychotherapists and Counsellors Singapore + Q&A
- 6.45pm: End

**This webinar will be conducted via Zoom.**

#### **\* NOTE:**

- 1. As there will be hands-on activity, please dress comfortably in your sports attire for a purposeful session.**
- 2. A second-step Zoom registration link will be shared with you after indicating your interest [HERE](#).**
3. You may access Zoom through the app or web browser.

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Regards,  
NTUC U Associate

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