

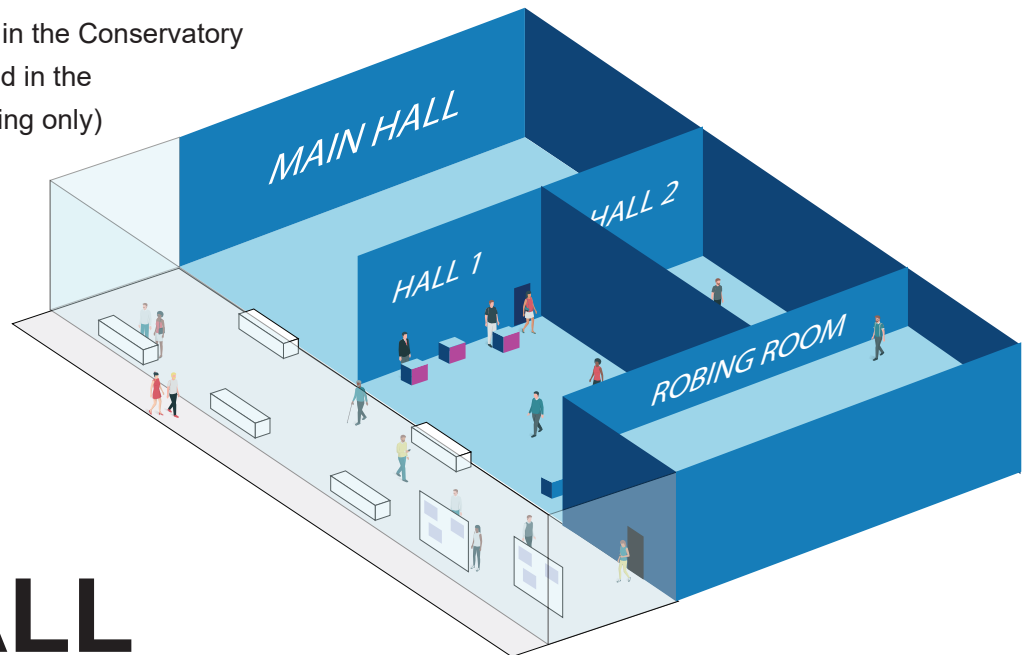


# Employee Wellbeing Day

Monday 23 October

O'Reilly Hall, Belfield

- Talks and seminars will be located in the Main Hall and Hall 2
- Exhibitors will be located in Hall 1
- Refreshments will be located in the Conservatory
- Laya check-ups will be located in the Robing Room (advance booking only)



## MAIN HALL

- 10:30** - Breast health, education and awareness - Catherine Rhodes
- 11:00** - Challenging mental health stigma in the workplace - Brent Pope
- 11:30** - Coco's Law, Domestic Abuse and Sexual harassment/violence - An Garda Síochána
- 12:00** - Sugar and spice and all things nice - are sugars harming your health? - Dr Clare Renyolds
- 12:30** - Health Insurance: Review before you renew - Dermot Goode
- 13:00** - Brian Mullins Healthy UCD Memorial Lecture
- 14:00** - Overview of Mental Health First Aid - Fergus Maher

## HALL 2

- 10:00** - UCD Voluntary Life & Income Protection Schemes - Ameen Massey
- 10:30** - Budgeting and Savings – Short term and long-term needs - Grainne Duffy
- 11:00** - UCD AVC Scheme - Ian O'Shea
- 11:30** - Inheritance Planning - Brendan De La Harpe
- 12:00** - Applying for or switching your mortgage - Trevor Grant
- 14:00** - Why menopause matters in the workplace - Loretta Dignam
- 14:30** - Developing self-awareness, resilience and the skills to thrive - David Delaney