

12.9 Wellbeing for Staff

Contact / Password Information

Wellbeing App- Healthier Outcomes at Work

Password: BedsWB

Activities for Wellbeing

Activities for Wellbeing.

Meditation Classes:

Tuesdays 12.00 to 12.45 and Thursdays 8.00 a.m. to 8.45

To book please email Leire.agirre@centralbedfordshire.gov.uk

Health Assured

Telephone: 08000305182

Username CBC

Password EAP