



**National Workplace Wellbeing Events: April 2025. The theme of our events this year is the importance of Connection**

**Events take place in the Human Biology Building (HBB), An Bhialann, Thomas Hardiman Building and the Kingfisher Club.**

Tuesday April 29	Wednesday April 30 National Workplace Wellbeing Day .	Thursday May 1 <sup>st</sup>
<p><b>Morning Connect:</b> <b>8:10am – 8:40am. Kingfisher Club.</b> Join Jacqui Fernades for 30 minutes of ME time. Comfortable clothing required. After class refreshments for those who participate. Register <a href="#">Here</a></p>	<p><b>Mindful Eating Clinics with John Core, Sodexo’s Culinary Nutrition Lead.</b> These short 20-minute, focused sessions are designed to help participants: reflect on their current eating habits, learn practical strategies to improve energy, mood, and performance through nutrition. Sessions 8.15am to 8.45am: 9.00am to 9.30am: 9.45am to 10.15am <b>Venue: HBB G001.</b> Open session: audience led 2.30pm to 3pm: Venue HBB G019. Book your place <a href="#">Here</a></p>	<p><b>Morning Connect 8.10- 8.40am: HBB G001</b> A seated active talk with tips and trips of how to stretch and move at your desk. Take away information will be provided. After class refreshments for participants. Please register: <a href="#">Here</a></p>
<p><b>Bank of Ireland Financial Wellbeing Talk Planning for the future.</b> <i>Savings Shorter, Medium longer:</i> <b>11.30 am to Noon: Venue HBB: G019.</b> Click on the image of BOI below, open the link and register. Register: <a href="#">Here</a> for catering purposes. 1-1 appointments available on campus during the day. <a href="http://www.BankofIreland.com/BankatWork">www.BankofIreland.com/BankatWork</a></p>	<p><b>Interactive Healthy Street Food</b> demonstration with recipes. These dishes combine bold global flavours with nutritious whole food ingredients and will be accompanied by QR codes linking to the full recipe collection. No booking required. <b>11.30 am – 2pm Venue: An Bhialann.</b></p>	<p><b>Below the Belt (Film)</b> <b>The story of Endometriosis.</b> In partnership with the Student Union. <b>Venue: HBB building G001: 2.30pm – 4pm.</b></p>



OLLSCOIL NA GAILLIMHE  
UNIVERSITY OF GALWAY

**Inaugural Book Club meeting:** Our first book club choice is Una Mannion's *Tell Me What I Am*, which won the Crime Writer's Association Gold Dagger in 2024. @ **1pm. Venue: G011 in the Hardiman Building.** Please register: [Here](#)

Sign up here to join the mailing list for the book club: [Here](#)

**Celebrate the Power of Connection:**

Our keynote speaker, Seamus Ruane (iThrive) will begin our celebrations with Talk followed by interactive events in the HBB Foyer. a Selfie Station, Savour the good & Connect 4.

**iThrive Talk: 1.10pm to 1.30pm: Venue HBB: G019.**

Register [Here](#) for catering purposes.

Please register [Here](#) for catering purposes.



OLLSCOIL NA GAILLIMHÉ  
UNIVERSITY OF GALWAY

## Bank at Work

### Onsite Planning for the Future Talk

We are delighted to host our Planning for the Future Talk for employees of **University of Galway**.

Looking for helpful hints and advice on how to improve your Financial Wellbeing? Join Bank at Work who can help you to;

- Create & build financial solutions
- Achieve your financial goals
- Short-, medium- and long-term planning
- Q&A session afterwards.

Tuesday 29 April | 11.30am – 12.00pm

One-to-one appointments available onsite after talk | 12.00pm – 3.00pm

[Register for talk here.](#)

To set up a one-to-one meeting with your dedicated Bank at Work advisor, see link below:

[BankofIreland.com/BankatWork](https://BankofIreland.com/BankatWork)



# Bank of Ireland

Bank of Ireland is regulated by the Central Bank of Ireland.



OLLSCOIL NA GAILLIMHÉ  
UNIVERSITY OF GALWAY

### Wellbeing Dates for Your Diary:

**15<sup>th</sup> May** : *Hello, How Are you* campaign.

An in- person, Connect Café will provide opportunities to chat with colleagues and continue the connections we made with our colleagues from our National Workplace Wellbeing Day celebrations.

**10<sup>th</sup> June**: *Men's Health Week*, we will be providing opportunities for all staff to participate in information and activity sessions.

|

If you have any suggestions ideas on talks or topics or how to meet colleagues on a more regular basis,  
Please email [wellness@universityofgalway.ie](mailto:wellness@universityofgalway.ie).



OLLSCOIL NA GAILLIMHÉ  
UNIVERSITY OF GALWAY