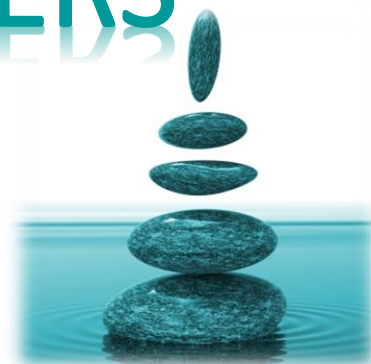


# BEING WELL MATTERS

## Kent's Wellbeing Summit

Wednesday 5<sup>th</sup> November 2014 – National Stress Awareness Day  
Hilton Hotel, Maidstone, Kent | 9am start – 4.30pm finish

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### AN ENGAGING DAY EXPLORING THE AREAS OF WELLBEING - FOR YOU, YOUR COLLEAGUES AND YOUR ORGANISATION

**We have** panel discussions from local companies offering their tales of success, their initiatives and ideas on workplace wellbeing. They include Tilmanstone Salads, Holiday Extras, KCC and Givaudan



**We have** sessions and workshops to enlighten on areas such as stress, health, the law and mental health. They include Brachers, MIND, Greenleafe, the Stress Management Society, Daniels Fitness Group and Another Journey Begins



Givaudan<sup>®</sup>

**We have** a “mind maze” exercise focussing on the impact and reaction of organisations to issues of health and wellbeing, led by ACAS



**We have** interactive stands from companies discussing everything from diet, exercise, to health plans. They include Revitalisu, Posturite and many more.

### YOU PLAN YOUR DAY AND BOOK SESSIONS OF INTEREST TO YOU

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**Meet like-minded HR professionals in Kent and experience a day focussed on the biggest issue for HR today. Enjoy a 3 course lunch, free refreshments and free parking.**

The day is subsidised by the Kent CIPD Branch and organised by Kent CIPD members for your learning and enjoyment.

#### BOOK NOW -

Early bookers will receive a free day pass to the Spa & Gym at the Hilton for 2 people!

CIPD Members - **£50**

CIPD Non Members - **£70**

Students - **£40**



Visit [www. http://www.cipd.co.uk/branch/kent/\\_events/KENT05112014.htm](http://www.cipd.co.uk/branch/kent/_events/KENT05112014.htm) to book your place or email [kent@cipdbranch.co.uk](mailto:kent@cipdbranch.co.uk) for a link