



# Wellness in the Workplace



					
November	December	December	December	December	January
24	08	15	22	29	05
Workshop	Workshop	Workshop	Workshop	Workshop	Workshop
Wellness In the Workplace & Healthy Lifestyle	Covid-19 Precautionary Measures	Promoting Physical Activity	Healthy Nutrition	Your Mental Health	No Smoking



To learn more about Wellness in the Workplace Program and the Healthy Lifestyle, we invite you to attend the "Wellness in the Workplace & Healthy Lifestyle" workshop

[Click Here](#)

## Wellness in the Workplace & Healthy Lifestyle

In order to lead a healthy lifestyle, it is important to incorporate wellness in all aspects of your life, including the workplace. This generates many positive outcomes for the employees and the entity itself. It is therefore important to create a health supportive environment in the workplace, to enable employees to adopt healthy lifestyle and raise health awareness on its importance.

- English
- Wednesday 24 November
- 1:00 - 2:00 Pm



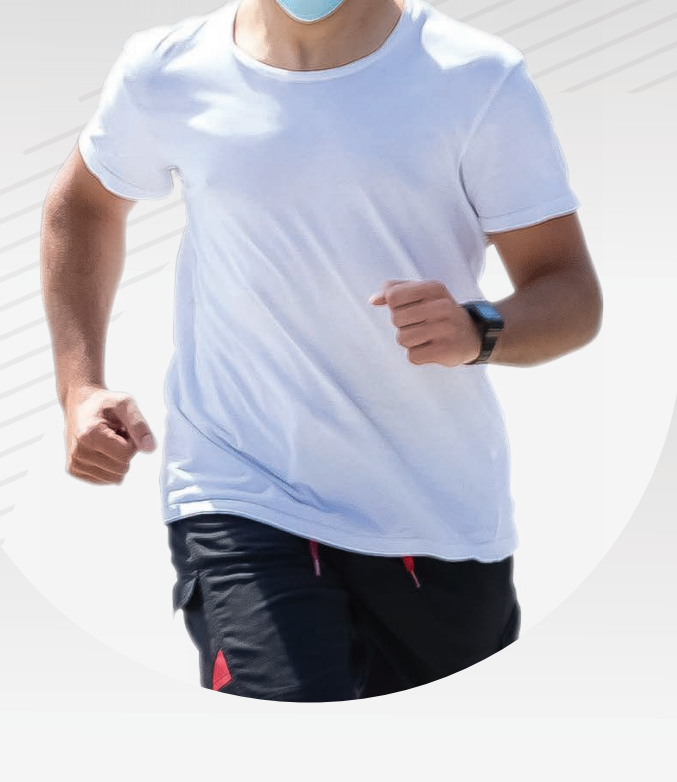
To learn more about the preventive measures applied in workplaces and the latest updates regarding the current situation, we invite you to attend the "Covid-19 precautionary measures" workshop

[Click Here](#)

## Covid-19 Precautionary Measures

It is the responsibility of all employees to follow preventive measures in workplaces to prevent the spread of infection. Therefore, Abu Dhabi Public Health Center is keen to raise health awareness among individuals, while employees are returning to workplaces, and to complement the efforts made in preventing COVID-19 and expanding the scope of vaccination according to the updated precautionary measures and official directives regarding dealing with the current health conditions.

- English
- Wednesday 08 December
- 1:00 - 2:00 Pm



let's find out how to stay active in the workplace by attending the "Promoting Physical Activity" workshop

[Click Here](#)

## Promoting Physical Activity

The benefits of being physically active are numerous. Physical activity is good for your heart, bones, arteries and muscles, in addition to improving your overall mental health. The good news is, all forms of exercise count including walking, cycling, swimming and even using stairs. Physical activity makes your body burn more calories, not just while you are exercising, but throughout the day. Millions of us work in jobs that require sitting at desks for long hours a day. And many health risks are mainly related to sitting for long periods of time.

- English
- Wednesday 15 December
- 1:00 - 2:00 Pm

## Healthy Nutrition

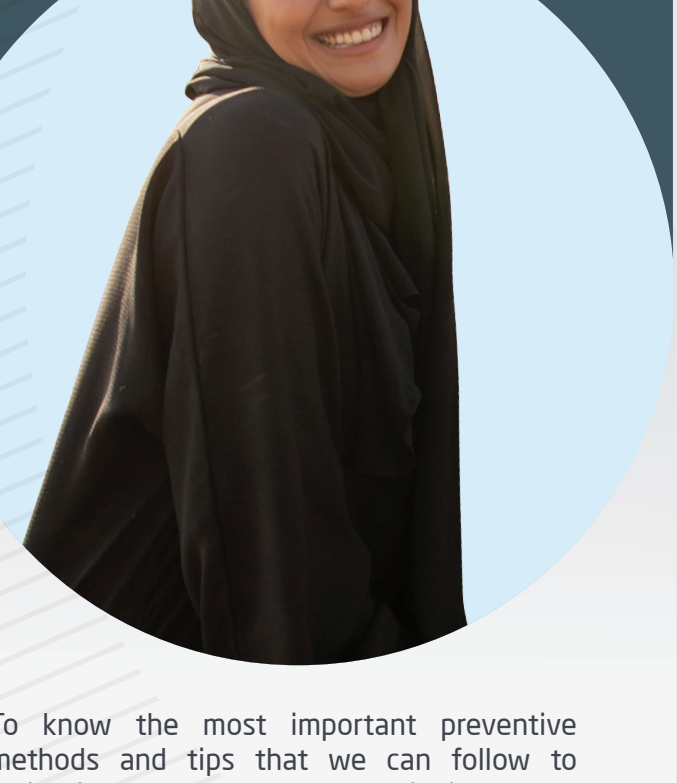
Proper nutrition and hydration are vital throughout life. When you eat a well-balanced, Moderated, and Varied diet, you tend to be healthier with stronger immune systems. Healthy eating throughout life also helps prevent all forms of malnutrition, as well as a range of diet-related noncommunicable diseases (such as heart disease, stroke, diabetes and some cancers). So, you should limit unhealthy fat intake, shift from saturated to unsaturated fats, eliminate industrially produced trans fats, limit sugars and salt intake, drink enough water, and balance calories in with calories out.

- English
- Wednesday 22 December
- 1:00 - 2:00 Pm



To learn how to build healthy eating habits and how to read the nutritional facts label, we invite you to attend "Healthy Nutrition" workshop.

[Click Here](#)



To know the most important preventive methods and tips that we can follow to maintain our mental health, we invite you to attend "Your Mental Health" workshop.

[Click Here](#)

## Your Mental Health

Mental health is an integral and essential component of health. The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. And it is a state of well-being in which an individual realizes his own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his community. promoting mental health works to strengthen immunity and thus prevent chronic and infectious diseases. But, the stress, and anxiety that we may face daily can affect our mental health and psychological balance.

- English
- Wednesday 29 December
- 1:00 - 2:00 Pm



To learn more about the harms of smoking and everything you need to quit or help your loved ones to quit, we invite you to attend a "No Smoking" workshop.

[Click Here](#)

## No Smoking

Nowadays the negative consequences caused by smoking are not hidden from anyone, but - unfortunately - it still kills many adults and children. The term "smoking" is not limited to cigarette smoking only, but also includes electronic cigarettes, hookah, Medwakh and others. The danger of smoking increases during Covid-19 pandemic, they face a greater risk of up to 50 percent of getting infected by the virus. Therefore, the best thing that smokers can do to reduce the risk of getting infected and to prevent other diseases is to quit smoking. Many smokers quit smoking willingly after they build a deterministic mindset, without the need for any medical assistance.

- English
- Wednesday 05 January
- 1:00 - 2:00 Pm