

Care first

COVID-19 Weekly Publicity Calendar

| Weekday | Daily Theme | Article | Webinar |
|------------------------------------|-------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday MARCH 8, 2021 | Back to School Anxiety | Back to School Anxiety | 'Back to School Anxiety' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/6096270121226844688 |
| Tuesday MARCH 9, 2021 | Care first | Care first Awareness | 'How Care first can support you' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/7833025703110767372 |
| Wednesday MARCH 10, 2021 | Working From Home | Tips to maintain good posture whilst Working From Home | 'Tips to maintain good posture whilst Working From Home' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/7593300282413015821 |
| Thursday MARCH 11, 2021 | Work/Life balance | "Switching off" after work - tips to achieve a better work/life balance when working remotely | "Switching off" after work - tips to achieve a better work/life balance when working remotely' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/8555929309607486990 |
| Friday MARCH 12, 2021 | Keeping connected and maintaining relationships | Keeping connected and maintaining relationships during the pandemic | 'Keeping connected and maintaining relationships during the pandemic' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/5008978465673812750 |

Please be assured that registrant information is held confidentially and your organisation is not notified of your attendance/non-attendance to these webinars.

Please note that content may include guidelines applicable to the UK, however guidelines for Wales, Scotland and Ireland may vary. Please refer to .gov for the latest guidance in your region.

Please note that these themes and events may be available in Welsh, and in other languages and formats on request.

Mae'r ddogfen hon ar gael yn Gymraeg, ac mewn ieithoedd a fformatau eraill ar gais.
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