



Positive+Health

FEBRUARY NEWSLETTER

Happy New Year all

(Is it too late to say that in February?)

Video and on-line training can save your business time and money. Together with Daniel Calleja of RS Media Productions we can develop...

- Safety Inductions
 - Safety training
- Health and wellbeing promotion
 - And much more...

Visit [here](#) to find out more, and to view a [two minute promo](#) of our work

Is returning to work a pain?

As the summer holidays blend into the distance and the reality of work sinks in again, it is worth remembering the key things that keep us happy and healthy at work. As this [article](#) by Claudia Ryan points out; work does not have to be a pain if you are self aware.

Cats v Dogs

Having a pet has long been recognised as having potential health benefits. But which are better – dogs or cats? This [study](#) claims to have the answer...

Wellbeing is all the buzz in the UK

Workplace wellbeing programs are the new craze in Britain. As this [article](#) by Sam Barret points out, the government are getting on board too.

Quote of the month

“Take care of your body; it’s the only place you have to live”

(Jim Rohn)

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Insightful, interactive and empowering