




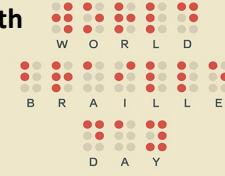



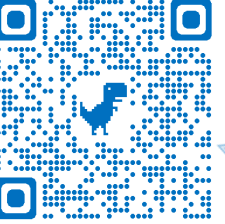

















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>30th</p>  <p><b>Resilience Hub</b> LANCASHIRE AND SOUTH CUMBRIA</p> <p><i>"You're here for us. We're here for you"</i> tel: 01772 520228 · <a href="mailto:lschub@lscft.nhs.uk">lschub@lscft.nhs.uk</a></p>	<p>31st</p>	 <p><b>#FLURISH this winter</b></p> <p>Check your newsletter for more information</p>				<p>1st</p>  <p><b>Happy New Year...</b> page one of 365!</p>
<p>2nd</p>  <p><b>DRY JANUARY®</b></p>	<p>3rd</p> 	<p>4th</p>  <p><b>World Braille Day</b></p>	<p>5th</p>  <p>Have lunch with a colleague today</p>	<p>6th</p>  <p>Have you packed up your decorations yet?</p>	<p>7th</p> <p>Lancashire and South Cumbria Wellbeing text number: 07860 022 846 text: 'hello'</p>	<p>8th</p>  <p>How are your new years resolutions going?</p>
<p>9th</p> 	<p>10th</p> <p>Have you visited your Health &amp; Wellbeing website yet?</p> <p>Username: UHMBTWELL</p>	<p>11th</p>  <p><b>PAGET'S AWARENESS DAY</b></p>	<p>12th</p>  <p>Go to bed 30 minutes earlier than usual. Put your phone away before sleep</p>	<p>13th</p>  <p>Have you had your 5-a-day?</p>	<p>14th</p>  <p>Visit your wellbeing website today to learn about financial wellness</p>	<p>15th</p>  <p>Read a good book before bed tonight</p>
<p>16th</p> 	<p>17th</p> <p>"FEELING A LITTLE BLUE IN JANUARY IS NORMAL."</p>	<p>18th</p>  <p>Check your newsletter and try one of the affordable winter warmer recipes today!</p>	<p>19th</p>  <p>Don't wait, hydrate! Have you had your 2 litres of water today?</p>	<p>20th</p> <p>Keep moving Aim for 10k steps today</p>	<p>21st</p>  <p><b>NATIONAL HUG DAY</b></p>	<p>22nd</p> <p>today I am grateful for...</p> <p>...write down 3 things</p>
<p>23rd</p>  <p><b>CERVICAL CANCER Prevention Week</b> Monday 23<sup>rd</sup> - Sunday 29<sup>th</sup></p>	<p>24th</p>  <p><b>NATIONAL COMPLIMENT DAY</b></p>	<p>25th</p>  <p><b>TAKE A BREAK!</b> ...from your work area</p>	<p>26th</p>  <p>Keep active, and take the stairs today...</p>	<p>27th</p>  <p><b>NATIONAL HAVE FUN AT WORK DAY</b></p>	<p>28th</p> <p>Lancashire and South Cumbria Crisis Helpline Call: 0800 013 0708 Available: 24/7</p>	<p>29th</p>  <p>Watch your favourite film tonight</p>