

Sign up here for a free lunch



The 2015 series of free lunchtime seminars in Edinburgh Park kick off on Monday 16th February. Work Place Chaplaincy Scotland's 'Habits for Healthy Personal Wellbeing' from 12:30-1:15pm in Edinburgh Park Management Suite, not only offers a free lunch, but time to discover how to help yourself keep well.

Local workplace chaplain, Grant Maclaughlan, whose area takes in Edinburgh Park, The Gyle Centre & Edinburgh Airport, will be leading the seminar – the first of five Work Place Chaplaincy Scotland is running until June – courtesy of the Edinburgh Park management team.

Other topics to be looked at include an exercise in relaxation and supporting people recovering from mental illness in the workplace.

Submitted by [Rosemary Dewar](#)

