Sign up here for a free lunch

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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

