

Join us for the rail industry's biggest ever FREE wellbeing event

SEVEN Themes **FIVE** Programmes **TWO** Days **ONE** Industry changing event

Over 90 sessions and more than 140 speakers – choose as few or as many as you wish!

INSPIRATION PROGRAMME – DAY 1



Dr Rangan Chatterjee



Carole Spiers



Dame Carol Black



Ben Goldacre



Dr Dawn Harper

4 November

INSPIRATION PROGRAMME – DAY 2



Andy Cope



Dr Sophie Bostock



Ruby Wax



Nicki Williams



Lorimer Mosley

5 November

SESSIONS FOR SHIFT WORKERS

Nutrition for sleep, fatigue & shift work

Healthy Lives Programme

Feel Better in 5 - How to bend wellbeing to suit your busy life

Dr Rangan Chatterjee

Sleep Unlocked: The Surprising Secrets of the World's Best Sleepers

Dr Sophie Bostock

Industry spotlight on Managing Fatigue

Rail Wellbeing Programme

The Science of sleep & shift work

Healthy Lives Programme

Pain. Do you get it?

Lorimer Mosley

A Healthy Worker is a Safer Worker

Dame Carol Black

All available online, 24/7 up to two weeks after the event.

You still need to register to watch all the FREE content

PROGRAMMES



Inspiration Programme
Keynote talks and panel sessions



Rail Wellbeing Programme
Health and wellbeing in the rail industry



Healthy Lives Programme
An interactive and practical programme giving you the chance to try out new things



Workshop Programme
Gain greater understanding in wellbeing topics relevant to the rail industry



Wellbeing Innovations
Learn about products and services from suppliers

REGISTER NOW

4 & 5 November 2020

www.railwellbeinglive.co.uk



Rail Wellbeing LIVE

Inspiring healthy lives across the railway