



Rail Wellbeing LIVE



Inspiring healthy lives across the railway

What is Rail Wellbeing Live?

About us

- For everyone in the rail industry and **free** to attend
- 2 days health and wellbeing extravaganza
- 4th and 5th November
- Pick 'n' Mix agenda of 140 speakers and 80 sessions. Join for 1 or as many as you want



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**DR RANGAN
CHATTERJEE**

BBC Breakfast's
resident doctor



**DR DAWN
HARPER**

Channel 4's
Embarrassing Bodies



Be inspired at Rail Wellbeing Live 2020

See full list of speakers and agenda at
www.railwellbeinglive.co.uk

RUBY WAX

Comedian & mental
health advocate



**DR SOPHIE
BOSTOCK**

Sleep doctor as seen
on ITV's This Morning



Come hear from the stars ...



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Now take a minute to sign up...

Register here: www.railwellbeinglive.co.uk

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Go-Ahead



Have a question? Or want to get more involved?

Get in touch at: contact@railwellbeinglive.co.uk



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