



**Healthy  
Working  
Lives**

# NEWS FLASH

## Health and Wellbeing for Social Enterprises in Tayside

NHS Tayside Healthy Working Lives team are available locally to provide information on a variety of **FREE** services to help support employers and employees in enhancing a healthier, productive work environment.

We have helpful advice available on:

- Risk assessment
- Policy development
- Stress management/ mental wellbeing
- Sickness absence management
- Work place health issues
- Healthy eating
- Weight management
- Alcohol and Substance misuse issues
- Healthier lifestyle promotions

**Plus a range of FREE training courses/workshops**



Contact the Healthy Working Lives team on:  
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To find out more about Healthy Working Lives click on the following link:

[www.healthyworkinglives.com](http://www.healthyworkinglives.com)