

Professional Support & Wellbeing Service HEE Thames Valley



MOVE YOUR BODY MOVE YOUR MIND



As part of a drive to support the well-being of our trainees, HEETV PSWS are pleased to offer another opportunity for **trainee doctors, dentists and pharmacists** to attend **fully funded virtual Yoga and Pilates classes**.

Attendance is flexible when you are completing the registration form please select the relevant dates that you would be able to attend. Numbers for each class are limited, so please don't register for a date if you will be unable to attend as the classes will be filled on a **first come first served basis**.

These virtual sessions will be delivered via **Zoom**.

Sessions will run for four weeks from Thursday 26th January 2023 for Pilates and Monday 23rd January 2023 for the Yoga sessions.

Yoga: Monday 18.30 – 19.30pm
Pilates: Thursday 18.00 – 19.00pm

To register for the sessions please click **[here!](#)**



SCAN ME



WEBSITE: thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing

EMAIL: pswinfo.tv@hee.nhs.uk

TRAINEE-CURATED WELLBEING RESOURCE HUB:
www.tvpsw.com