



Take On The HPMA 30:30 Challenge

1ST - 30TH NOVEMBER 2020

We recognise that workforce professionals in the NHS are under great pressure at the moment. HPMA in partnership with Wellbeing4business Ltd would like to support staff and offer NHS workforce professionals the chance to look after their physical & mental wellbeing this November by joining a 30-day activity challenge

Register up to 10 of your team for the **FREE** challenge.

The challenge: Achieve 30 minutes of physical activity everyday for 30 consecutive days.

Register Your Organisation

Register up to 10 of your team for **FREE**

To register your organisation go to:

<https://www.wellbeing4business.co.uk/hpma3030/>

If you are a workforce professional & would like to take part in the challenge, please pass this onto your HR Director



Wellbeing**4**business Ltd.
Leading the business of wellbeing