

2024 Lyra Wellbeing Virtual Event Calendar

Timeslot: 10:00 – 11:00

February 2024

- 08 FEB 2024** Relationship Talk
- 14 FEB 2024** Employee Information/Induction Session
- 21 FEB 2024** Managerial Information/Induction Session
- 28 FEB 2024** Musculoskeletal (MSK) Session: Pain Management

March 2024

- 07 MAR 2024** Financial Talk
- 13 MAR 2024** Employee Information/Induction Session
- 20 MAR 2024** Managerial Information/Induction Session
- 27 MAR 2024** Musculoskeletal (MSK) Session: I pulled something

April 2024

- 04 APR 2024** Work-Life Balance Talk
- 10 APR 2024** Employee Information/Induction Session
- 17 APR 2024** Managerial Information/Induction Session
- 24 APR 2024** Musculoskeletal (MSK) Session: Footloose

May 2024

- 02 MAY 2024** Stress Talk
- 15 MAY 2024** Employee Information/Induction Session
- 22 MAY 2024** Managerial Information/Induction Session
- 29 MAY 2024** Musculoskeletal (MSK) Session: Link between mental & physical health

June 2024

- 06 JUN 2024** Relationship Talk
- 12 JUN 2024** Employee Information/Induction Session
- 19 JUN 2024** Managerial Information/Induction Session
- 26 JUN 2024** Musculoskeletal (MSK) Session: Eating for your joint

July 2024

- 04 JUL 2024** Financial Talk
- 10 JUL 2024** Employee Information/Induction Session
- 17 JUL 2024** Managerial Information/Induction Session
- 24 JUL 2024** Musculoskeletal (MSK) Session: Combatting chronic pain

August 2024

- 01 AUG 2024** Work-Life Balance Talk
- 14 AUG 2024** Employee Information/Induction Session
- 21 AUG 2024** Managerial Information/Induction Session
- 28 AUG 2024** Musculoskeletal (MSK) Session: Corporate Athlete

September 2024

- 05 SEP 2024** Stress Talk
- 18 SEP 2024** Employee Information/Induction Session
- 25 SEP 2024** Managerial Information/Induction Session
- 30 SEP 2024** Musculoskeletal (MSK) Session: How to be a better patient

October 2024

- 03 OCT 2024** Relationship Talk
- 16 OCT 2024** Employee Information/Induction Session
- 23 OCT 2024** Managerial Information/Induction Session
- 30 OCT 2024** Musculoskeletal (MSK) Session: Joint pain in the extremities

November 2024

- 07 NOV 2024** Financial Talk
- 13 NOV 2024** Employee Information/Induction Session
- 20 NOV 2024** Managerial Information/Induction Session
- 27 NOV 2024** Musculoskeletal (MSK) Session: Back and neck pain – what makes this serious

December 2024

- 02 DEC 2024** HIV/AIDS Talk
- 04 DEC 2024** Employee Information/Induction Session
- 11 DEC 2024** Managerial Information/Induction Session