

RCSI **INSPIRE**

PHYSICAL NUTRITIONAL MENTAL OCCUPATIONAL

NATIONAL WORKPLACE WELLBEING DAY

JOIN US
FRIDAY 31st MARCH

» **RCSI INSPIRE FREE FRUIT**

All locations

» **RCSI INSPIRE HEALTH AWARENESS DAY**

Location: Mercer Medical

Register **HERE** for your Health Check

» **LUNCHTIME MILE**

13:00 – WALK OR RUN

Location: St. Stephen's Green, 123 front door

Beaumont ERC, front entrance

Sandyford, carpark

Rotunda, outside RCSI unit

GEM Connolly, carpark (takes place Thursday 30th)

» **RCSI INSPIRE HEALTHY RECIPIE BOOK**

Get involved with developing the RCSI's Healthy Recipe Book.

Click **HERE** to submit your recipe.

PROMOTIONAL
GOODIES AND
HEALTHY SNACKS
AVAILABLE AT
THESE EVENTS

Please contact inspire@rcsi.ie
for further information.

