

## The Wellbeing Edit.

Welcome to the very first edition of our monthly wellness newsletter!

Each month, we'll be rounding up a feel-good mix of inspiration to help you put your well-being front and centre.

Think delicious, easy recipes, podcasts to match your mood and plenty of fitness ideas to get you moving in ways that feel good 🧘🏻🥗

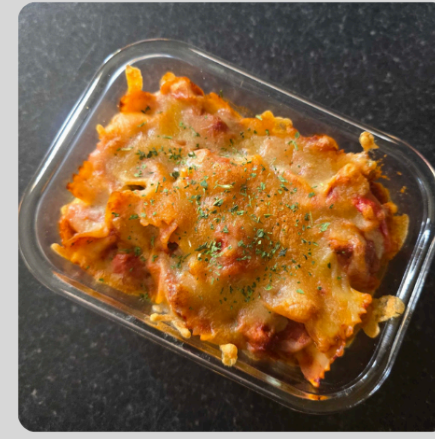
So, grab a cuppa, have a scroll, and find something that gives your well-being a little boost this month.

Also, a BIG warm welcome to all our new members of the team! We are delighted to have you with us. We hope you are settling in well and look forward to supporting you as part of our wider team.

### Recipe corner! 🍅🥦



Baked oats recipe



Chicken fajita pasta recipe

### Podcasts & Films.



Matthew Lillard Last Meal



Scream 7



Hoppers

### Work perks.



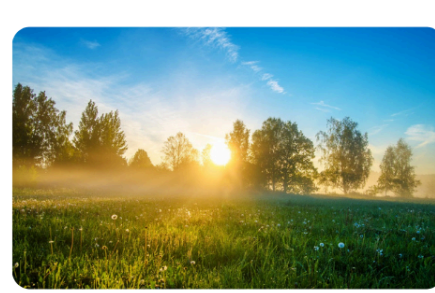
#### Perkbox EAP.

Perkbox brings perks for life and work, beyond just vouchers. And our EAP is always on hand with counselling, advice, and support when you need it most.

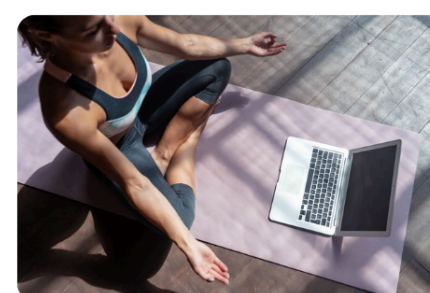
### Mind and Body.



Neck tension release



Meditation



Yogo for beginners

**The truth about weight and health**  
15 April 12 - 1pm  
Register below for our online event  
Inside Health

Register here

Each month, we'll share a selection of different webinars here, feel free to join any that interest you! 🌟

everywhen  
45 minute webinar  
Sleep smarter: Unlock your best you with rest and deep sleep  
Thursday 26 March, 1pm - 1.45pm

Register here

### Upcoming Events.



**Lunch Club** - Join us on the last Thursday of every month, 12:30 - 1:30pm by the booths.

**Monthly Quiz** - Get involved and test your knowledge! This month's quiz will be hosted at The All Agency Day with multiple rounds of fun!

**More to explore** - Bruntwood host events throughout the month, so be sure to check out what's coming up on the posters around the building.

Download the Bruntwood App  
GET IT ON the App Store  
GET IT ON Google Play  
Book meeting rooms, RSVP to events, and receive exclusive discounts.  
bruntwood

### Meet your wellness champions.

We've set aside dedicated hours in our calendars each month. Feel free to hop on a call or drop by for a chat anytime.



Leanne Hutchinson

Tuesdays, 3pm - 4pm



James Lancaster

Mondays, 11am - Noon



Rhianon Hibbert

Fridays, 2pm - 3pm

If you ever want to talk about your wellbeing, we are here to listen and offer support, no judgment, just understanding. Whether it's about work or personal life, we want everyone to feel they have someone to turn to.

Reach out on Slack, come by to say hello in person, or email us at [wellbeing@embryo.com](mailto:wellbeing@embryo.com).