


# Well Being... Coming soon!

## Well Being

at Gloucestershire College



gloucestershire college


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### Welcome to the GC Well Being Intranet Site.


Last Updated: 12 April 2011

Here you can find various information on Well Being and Mental Health, including advice on healthy eating, fitness, work life, and how to get help to quit smoking.


This website is regularly updated with healthy recipes and up-to-date articles on various health awareness issues, and includes what is available to you as a GC member of staff.




Stop Smoking




Fitness




Healthy Eating




Mental Health



Treat Yourself



Work Life



If you would like advice outside of the College, NHS Gloucestershire Community Health Trainers offer free non-judgemental confidential advice and guidance on a range of health related issues.

[www.gloshealthtrainers.nhs.uk](http://www.gloshealthtrainers.nhs.uk)

### News Feed

What's New This Week?

**12 April 2011**  
[Look and feel your best this summer](#)

**23 March 2011**  
[Dog walking 'is good exercise'](#)

**17 March 2011**  
[The Benefits of a Mediterranean Diet](#)

**16 March 2011**  
[The Emotional Calendar](#)

**16 March 2011**  
[Changes in Lifestyle: Heart and Circulatory Health](#)

**16 March 2011**  
[Who, what, why: How much red meat should we eat?](#)

Help to stop smoking  
Get fit  
Eat healthy  
Feel better  
Treat yourself  
And get the right work/life balance

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