

# Join us for the rail industry's biggest ever FREE wellbeing event

**SEVEN** Themes **FIVE** Programmes **TWO** Days **ONE** Industry changing event  
Over 50 sessions and more than 140 speakers – choose as few or as many as you wish!

## INSPIRATION PROGRAMME – DAY 1



Dr Rangan  
Chatterjee



Carole  
Spiers



Dame Carol  
Black



Ben  
Goldacre



Dr Dawn  
Harper

4 November

## INSPIRATION PROGRAMME – DAY 2



Andy  
Cope



Dr Sophie  
Bostock



Ruby  
Wax



Nicki  
Williams



Lorimer  
Mosley

5 November

## HEALTHY LIVES PROGRAMME

Louise Claire Yates  
Laughing Yoga

Jo Tuffrey  
Pilates

Helena Clayton  
Leading with  
Love

Rachel Kelly  
52 Practical  
steps to  
happiness

Angela Steel  
Superwellness

Vicki Dawson  
The science of  
sleep and shift  
work

**+MANY MORE**

## PROGRAMMES



**Inspiration Programme**  
Keynote talks and panel  
sessions



**Rail Wellbeing Programme**  
Health and wellbeing in the  
rail industry



**Healthy Lives Programme**  
An interactive and practical  
programme giving you the  
chance to try out new things



**Workshop Programme**  
Gain greater understanding  
in wellbeing topics relevant  
to the rail industry



**Wellbeing Innovations**  
Learn about products and  
services from suppliers

# REGISTER NOW

4 & 5 November 2020

[www.railwellbeinglive.co.uk](http://www.railwellbeinglive.co.uk)



# Rail Wellbeing LIVE

Inspiring healthy lives across the railway