



# HEALTHY BODY & MIND Hub

The Calvary Health Body & Mind Dashboard portal aims to encourage you to give the same amount of attention to your wellbeing as do for your patients, residents or clients

The Dashboard offers you access to a wide range of topics to help you live with less stress, manage your family health or achieve an effortless healthy working week.

Each month you will receive a new Calvary Health Body and Mind Update and even better, the Dashboard is accessible from your mobile phone or home PC.



**SCAN THE CODE  
TO FIND OUT MORE**



Hospitality | Healing | Stewardship | Respect  
Continuing the Mission of the Sisters of the Little Company of Mary

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