

# February and feeling fatigued already! Interactive Webinar

he@lth  
work



February and feeling fatigued already!  
Yep, that sounds about right!

Join us as we explore our 'Healthy Body & Mind Hub' with Kate Isherwood from health@work. The Healthy Body & Mind Hub is an amazing resource that the Australasian College of Paramedicine is providing free access to for ParaEd users for the month of February.

In this webinar Kate will look at the importance of managing the four pillars of wellness and guide us through the hub, as well as guide us through some short practical sessions on wellness and power stretching.

**Register now via your CPD portal**

**Date:**  
13 February 2023

**Time:**  
17:00 - 18:30 AEDT

**Online (interactive webinar)**

**Interactive CPD Points:**  
1.50\*

**Presented by:**  
Kate Isherwood