

# Maintaining Optimal Personal Wellbeing as an Allied Health Professional

**WHEN** Friday, October 14th 2022  
12:00 PM – 1:00 PM

**WHERE** Online

**COST** Free



Scan for [more information](#)  
and [registration details](#)

We work to support others, create better health, but do we give enough attention to our own?

Celebrating Allied Health Professions Day. This session will address the current challenges that AHP may be facing in their work. Fiona will explain what strategies we can use with our clients, may well be the way forward for our own health and wellbeing.