

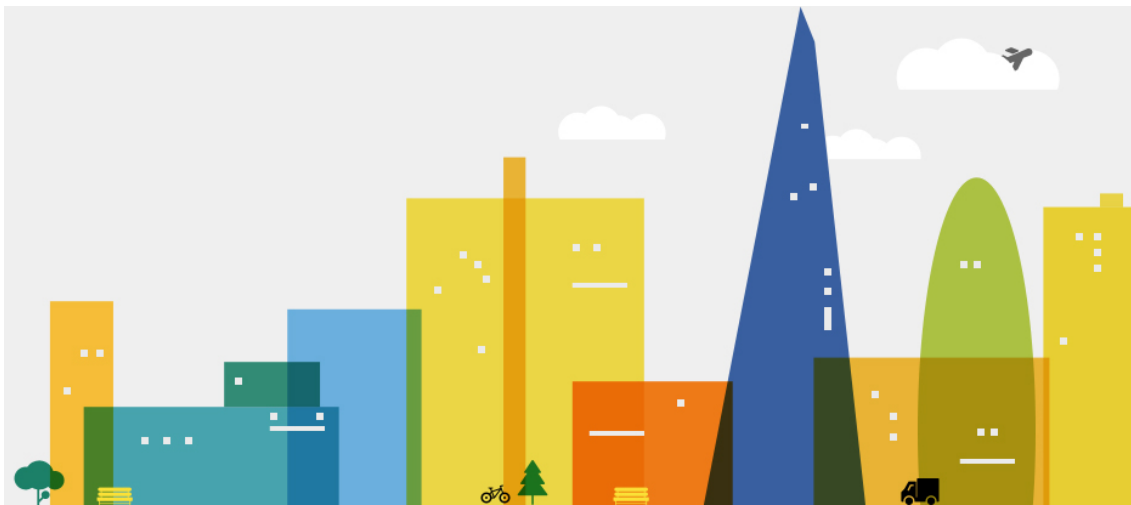
Appendix 1: Business Healthy Newsletter



Newsletter - May 2015

Have you visited our new site?

Business Healthy has a brand new site. You can now access the resource hub for all reports, articles, blog posts and videos, our private member forum and get the latest on our expert-led events.



Alcohol Consumption: How much is too much?

Employees' drinking above government guidelines contributes to 40% of workplace accidents and results in 17 million lost workdays per year.

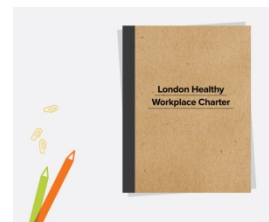


Don Shenker explains how to support your employees, who may not be aware that their level of drinking is posing a risk to their health.

Read Don Shenker's latest blog for Business Healthy here

How the City of London Corporation can help your business achieve "Excellence"

The City of London has long recognised the importance of wellbeing in the workplace. Toby Thorp explains the benefits of the London Healthy Workplace Charter and that achieving "Excellence" is within every businesses reach.



Read Toby Thorp's latest blog for Business Healthy here



Have you got your FREE ticket yet? There are still a few places left

When? 11th June 8-10am

Where? Marketing Suite, 80 Basinghall Street

*Alcohol Health Network will be providing a **free** Masterclass in partnership with the Business Healthy Circle on “**Alcohol, health, wellbeing and work – Getting the balance right**” - Ensuring effective alcohol awareness and support for employees and managers.*

Get your ticket now

Before you go....



Business Healthy wants to know,
"How do you measure workplace
health and wellbeing?"

With the American Psychological
Association' 2015 Work and Well-being
Survey reporting that senior leaders
viewed the work place
more positively than front line workers,
**Business Healthy wants to know,
how you measure the health and
wellbeing of *all* your employees?**

Why not share your thoughts on this topic, and others, at our online members forum? It's a completely private space for you to talk with your peers about health and wellbeing issues



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