

January Events 2025



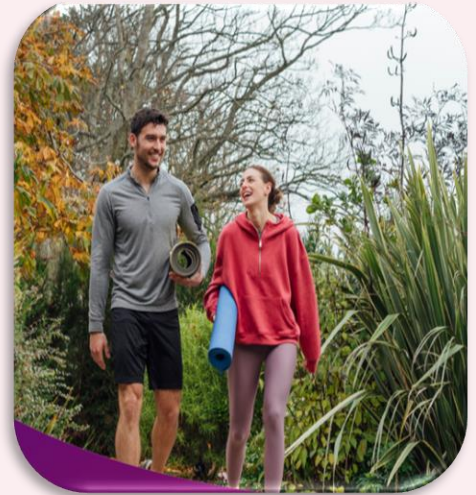
9th Remote Gym - 6 Week Fitness Programme

Time: 08:15 - 09:00

Join our high-energy virtual fitness programme, combining challenging workouts and motivational coaching to improve fitness. Designed for all fitness levels, it focuses on building strength, endurance, and overall well-being through high-intensity interval training (HIIT).

Please note that this programme will run for 6 weeks with live instructor-led sessions every Thursday at 8.15am from 9th January to the 13th February.

Each class will be recorded and emailed to registrants shortly after each session.



[Register here](#)

16th Financial Wellbeing Masterclass - Ask Paul

Time: 12:00–12:45

The Financial Wellbeing Masterclass series benefits everyone as it addresses the spectrum of all financial life stages showcasing the importance of cash flow modelling and how each financial decision can have a huge impact over the long term.

Our first session of the financial wellbeing masterclass series focuses on **Financial Planning & Goal Setting** designed to benefit everyone and all stages of their financial journey.

This webinar will focus on fostering financial well-being, mind-set, and strategic planning, rather than emphasising financial products, which are simply tools to help achieve your goals.

Stay tuned for more financial masterclasses throughout the year covering **Mortgages, Investments, Pensions & Savings.....**



[Register Here](#)

Additional notes: Please note registrants will receive the event recording shortly after each event.

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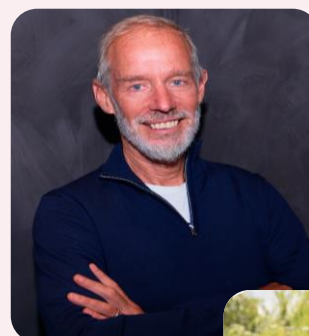
30th

David Gillick in conversation with Paul Sinton-Hewitt CBE

Time: 11:00-12:00

Paul Sinton-Hewitt CBE is the founder of parkrun. Parkrun was established on 2 October 2004 at Bushy Park in London. The event was originally called the Bushy Park Time Trial, and the first Saturday saw 13 finishers supported by five volunteers. Two years later the second event started nearby in Wimbledon, beginning the journey of expansion which has seen parkrun established in over 20 countries with over 2500 events taking place each weekend around the world.

Join David Gillick & Paul Sinton-Hewitt CBE as they discuss the evolution of parkrun, from its inception 20 years ago to a global movement that has seen over 100 million recorded finishes.



[Register here](#)

Vhi Community Alerts

Vhi Wellness Portal

Click to watch our demo video below



Vhi App Enhancement!

Our Community Wellness Online Events are now available on the homepage of the Vhi App.

Log on and see what is planned for the next 3 months and book yourself a spot!