

September Events 2025



9th **Postvention is Prevention: Supporting Those Bereaved by Suicide** **Time: 12 - 1pm**

In recognition of World Suicide Awareness Day, join Sheila Stapleton of HUGG, the national suicide bereavement charity, for a sensitive and important session. She will explore how compassionate support after suicide can promote healing for those grieving, help to break the stigma and build a more supportive workplace and community.

The webinar will highlight the power of postvention as a form of prevention. Whether you have been directly or indirectly affected, this session will highlight clear support pathways and address this very important topic with care and sensitivity.



[Register here](#)

16th **Remote Gym - 6 Week Fitness Programme: Stretch & Flex** **Time: 1 - 1.30pm**

Stretch & Flex is a 30-minute mobility programme designed to activate muscles, improve posture, enhance flexibility and reduce the risk of injuries. The class includes a series of guided stretches and activation exercises targeting joints, glutes and full-body movement. It can be completed from both seated and standing positions.

The programme fits seamlessly into any schedule to help employees move more efficiently throughout their working day. Whether at a desk or in a home office, you will learn how to improve your posture, reduce muscle stiffness, prevent injuries and boost overall mood and energy levels.



[Register here](#)

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

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30th **Bright Smiles, Healthy Kids: Understanding Your Child's Oral Health** Time: 12 - 12.45pm

Join Vhi's Chief Dental Officer, Dr Gina Kilfeather, for a practical session on children's oral health. Designed with busy parents in mind, this webinar will cover guidance on helping to protect little teeth, prevent decay and build lifelong healthy dental routines.

Whether your child is starting out brushing for the first time, trying to maintain healthy habits or navigating visits to the dentist or orthodontist - you will learn clear, expert-led tips to support their smile every step of the way.



[Register here](#)

Vhi Community Reminders

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!

Reminder: Online Physio

All Vhi members have access to 1:1 advice from a Chartered Physio, providing diagnosis and advice on a range of conditions, injury prevention and rehabilitation.

Available via the Vhi App

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