



University Hospitals Dorset
NHS Foundation Trust

Thrive Live

22-26 September 2025

UHD Health and Wellbeing Fair

A week of inspiring and engaging talks, events,
guidance sessions and health assessments

Mental wellbeing

Resilience / Burnout / Neurodiversity
Suicide awareness / Bereavement

Physical wellbeing

Sleep / Menopause / Nutrition
Human factors / NHS Health Checks

Financial wellbeing

Fraud prevention / Budgeting
Financial resilience

Scan to
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