

# Care first

## COVID-19 Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar
<b>Monday</b> March 29, 2021	Spring Clean Your Wellbeing	Spring Clean Your Wellbeing	Spring Clean Your Wellbeing <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/7272897096987280396">https://attendee.gotowebinar.com/register/7272897096987280396</a>
<b>Tuesday</b> March 30, 2021	Isolation After Lockdown	Isolation After Lockdown	Isolation After Lockdown Eases <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/2356957519438658064">https://attendee.gotowebinar.com/register/2356957519438658064</a>
<b>Wednesday</b> March 31, 2021	How Care first can support you	How Care first can support you	How Care first can support you <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/2043829802003880463">https://attendee.gotowebinar.com/register/2043829802003880463</a>
<b>Thursday</b> April 1, 2021	Managing Pressure	Managing Pressure	Managing Pressure <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/1127614459163546891">https://attendee.gotowebinar.com/register/1127614459163546891</a>
<b>Friday</b> April 2, 2021	Bank Holiday	Bank Holiday	Bank Holiday

Please note that these themes and events may be subject to change as the situation develops.