Health Promotion Unit
- Smoking Cessation
- Healthy Lifestyle
- Nutritional Guidance
- Fitness

Primary Health Care
- Blood Pressure Tests
- Blood Glucose Tests

Civil Protection Dept
- Workplace Fire Safety

Employee Support Programme Unit
The Employee Support Programme (ESP) provides individual support and professional counselling to public employees experiencing personal, emotional and/or behavioural problems which are interfering with their work-life balance. This is necessary to enable employees to be healthier, more productive, able to contribute better to their place of work and to assist the general public. The Programme is designed to deal with a broad range of difficulties such as work-related stress, mental health difficulties and emotional stress, marital and family concerns, bereavement and terminal illness, addictive behaviour and disability issues.

Jeans Day & Healthy Eating
Organised by the MFIN Charity Events Group

Monday 15th June 2015
Basement, MFIN
1100 hrs - 1500 hrs