**It’s time to make your move with CSSC!**

The 2018 [**Active Wellbeing Week**](http://www.activewellbeing.me.uk/)is happening from 2-6 July and has been created to encourage civil service and public sector employees lead healthier, more active lifestyles. There'll be loads to look forward to during the week, including a nationwide [make a pledge](https://activewellbeing.me.uk/pledges/) campaign, where you can make a personal pledge on how you intend to be more active. There are even prizes to win. For full details and to make a pledge, visit [activewellbeing.me.uk](http://www.activewellbeing.me.uk/).