

Wellness Workshop

healthy habits to improve your daily life

15 & 22 April
10am - 3pm via Zoom

Delivered by Lydia Weston who has many years experience teaching Mindfulness and Mental Health courses. The session will consider all aspects of wellness including:

- Mindfulness
- Health eating
- Good sleep hygiene
- Relaxation
- Self-compassion

<https://eastmidlands.unison.org.uk/education-training/>

