



BE ACTIVE

Healthy Mind and Body

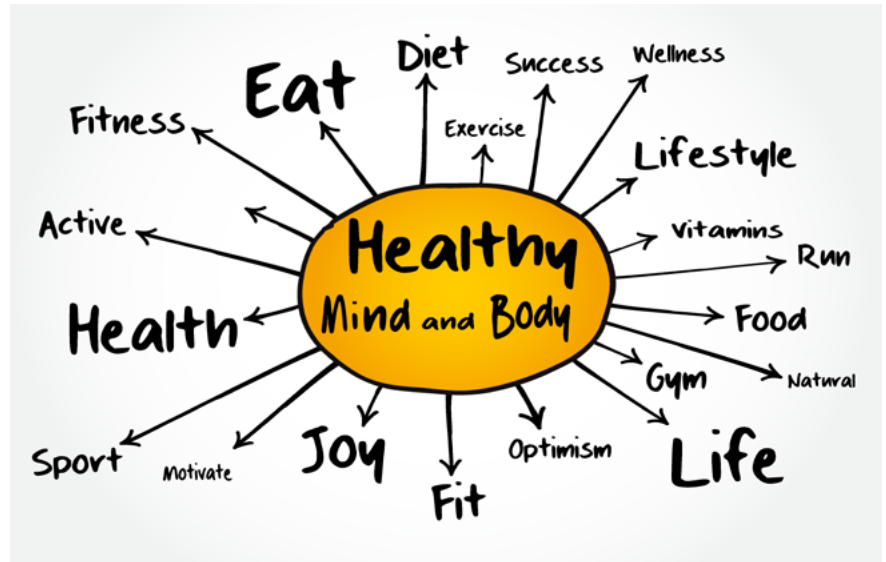
Dates:

Monday 16 October
Monday 6 November
Monday 27 November

Times: 10-11am

Location:

Online



In this one-hour workshop, you will be given ideas, inspirations and encouragements to help you live a more balanced lifestyle. Achieving optimal health and wellbeing requires taking care of both your body and mind.

We will look at what we can do and can avoid doing to bring balance into our lives.

We all need to exercise, eat well, get enough sleep and practise self-care and in this workshop we will help you discover what methods suit you best.

Please register and book your place online.



mindinbexley.org.uk/recovery/

