

COMING UP IN JANUARY...

COMPANY CODE: GU195



RESTART WITH A KICK-START

January is the perfect time to reflect on the previous 12 months and set goals for the year to come. [Join us in January to re-assess your habits](#) - those having either a positive or negative influence in your life and commit to a healthy 2019!

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WHAT YOU MAY HAVE MISSED IN DECEMBER

MINDFUL EATING

Mindful eating is a powerful tool for maintaining good health. Find out what it is and how you can use it in your life

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SURVIVING THE FESTIVE SEASON

Explore some of the major health challenges we face over the silly season with some tips to stay

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MINDFULNESS

What do you think about when you're in the shower? Learn about mindfulness - what it is and how we can become more mindful everyday.

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Health Video



Poster Series



Webinars