

HEALTHY BODIES

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!

REGISTER ME

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

SIGN ME UP

SURVIVING THE FESTIVE SEASON

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

SIGN ME UP

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.

SIGN ME UP











Webinars

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