

# Well Being and Nutrition sessions

These one hour sessions offer a safe place to explore areas such as:

- Nutrition
- Health Tips
- Mental Well-being
- Plant-based recipes
- Guided Meditation
- Breathing Techniques
- Personal Reflection and much more...

taking place on a warm, safe and confidential platform

**SESSIONS WILL BE HELD EVERY TUESDAY  
VIA ZOOM  
@ 11AM**

**FOR MORE DETAILS CONTACT ATHAC ON  
07977 880 132**

Facilitated by Lynda McFarlane  
Therapist