

Health & Lifestyle Workshops

Need tips to improve your health and happiness?

Our Health & Lifestyle Workshops are fun and interactive presentations designed to provide an informative and light hearted approach to health.

Workshops are delivered by experienced health educators and:

- Are based on the latest research
- Aims to increase understanding of key health topics
- Use mixed media to get the message across
- Provide strategies to improve wellness
- Dispel myths

We are flexible and adaptable to suit your needs and budget.

Options include (*but not limited to*):

- It's All about Balance
- Lifestyle Management- 'The Magic 8'
- Exercise as Therapy
- Stress Management
- Positive Nutrition
- Exercise Across a Lifetime
- Positive Sexuality
- Creative Expression
- Mindfulness
- Yoga

1-2 hrs/ half day/ full day/ full program

Call for a quote today!



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