

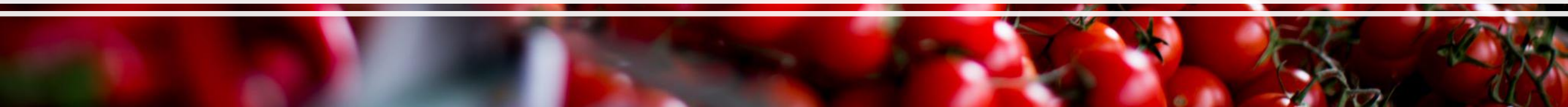


Wellness Network CIC

Our aim is to educate, motivate and inspire people to make the right choices to live their happiest, healthiest lives. We do this by educating on Mental, Emotional & Physical health and empowering people to take action.



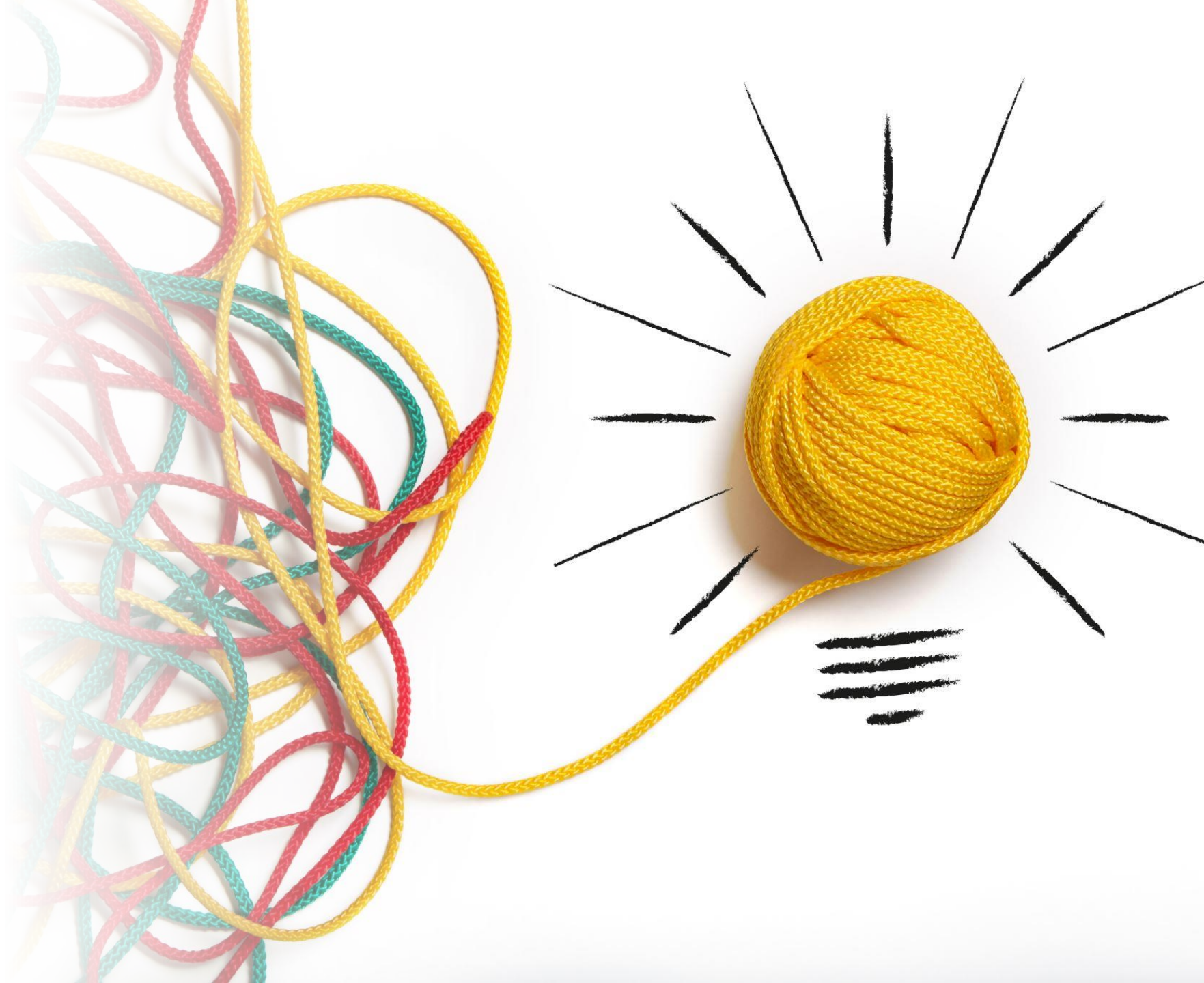
Gut Health Quiz



How much water
should you be
drinking daily?



Why do you think fibre is important for gut health?





What kinds of food are rich in fibre?

What is the
gut & what
organs make
up the gut?





What roles do you think the liver plays in your health & wellbeing?



What are the symptoms of an unhealthy gut?



What practices/habits could you introduce to help improve or support your mental, physical, and emotional health?

To Find out the answers to all those questions and more join us at any of the events or Mind & Body Programmes mentioned on the next slide



OPPORTUNITIES TO LEARN MORE & REFER

Gainsborough

Tuesday 14 May 9.30 – 14.30
West Lindsey Leisure Centre
Mind & Body Workshop For Parents.

Online

Wednesday 22 May
Via Zoom any Adults
18 Week Programme.

Lincoln

Thursday 23 May
North Lincoln Childrens Centre
Introduction to the Mind & Body Programme for Parents
8 Week Programme

Wellingore

Thursday 16 May
Purusha Retreats
Design Your Day Retreat – Paid event

Online

Via Zoom any Adults
1-2-1 Sessions or Small group
1 off to 18 Week Programme – Paid courses

Staff Wellbeing Days

Bespoke
Purusha Retreats. In-house
or Your Choice

Go to www.thewellnessnetwork.co.uk/events

