



YOU ARE INVITED TO THE

MOVEMENT MEDICINE FREE WEBINAR

Find out how to break the **modern-day sitting epidemic** to **move more** without a gym membership! **Movement** is the **super-drug** your body is **craving** to **detoxify** and **cultivate natural energy**.

In this enlightening webinar you'll learn how to:

Supercharge your
immune system

Boost detoxification
to increase energy
levels

Make your body feel
better and reduce
stiffness



Tuesday 16 July 2024 at 3pm

[Click here](#) or scan the QR code to register
and join the live session.

In partnership with Staffordshire County Council

