



YOU ARE INVITED TO

THE OPTIMAL WELLBEING FORMULA FREE WEBINAR

Get inspired and learn the tips and tricks for generating **positive** and **sustainable behaviour change!** This fun and interactive webinar will introduce you to the **four cornerstones of wellbeing:** mindset, movement, nutrition and lifestyle.

In this enlightening webinar you'll discover:

What optimal wellbeing really means for you

How to create a personal wellbeing plan

The top 5 lifestyle upgrades



Thursday 14 November 2024 at 1pm
[Click here](#) or scan the QR code to register and join the live session.

In partnership with Staffordshire County Council

