



YOU ARE INVITED TO THE

WINTER IMMUNITY FREE WEBINAR

Discover **seasonal habits** to **boost your immunity** and **mood** whilst preventing **burnout** this **winter**. Join this webinar to understand the latest research on **sleep**, **Vitamin D** and **Omega3**.

In this enlightening webinar you'll discover:

Why winter can cause such physiological and mental unrest

Nutrition upgrades for winter

The Optimal Wellbeing Winter Immunity Plan



Tuesday 03 December 2024 at 10am
Click here or scan the QR code to register and join the live session.

In partnership with Staffordshire County Council