

VIRTUAL WORKSHOPS

BRANF
FOOD



Are you experiencing brainfog, memory problems, anxiety or depression?

Do you suffer from chronic health problems?

Suffering from mood swings, concentration issues & tiredness?

Want to learn what it takes to improve your health and have fun doing so?

If your answer is YES then this 6 week interactive course is for you.

At these sessions you will learn:

- Diets that are tasty, fun and good for your brain health
- Mindfulness practices that encourage you to become more present to body sensations, thoughts and emotions without judgement
- And much more...***

When: 11.00am - 12.30pm
6 week course starting Saturday 30th May

Where: Online meeting room
Details with how to access the room will be provided with your booking

For further information or to book your place please call
Anna Betz on 07731 584 358 or email: anna@unleashourhealth.com

VIRTUAL WORKSHOPS

DIABETES & PRE-DIABETES



Have you been told you are at risk of developing diabetes?

Do you live with the symptoms associated with diabetes or pre-diabetes like:

Circulatory problems, peripheral neuropathy, numbness in your feet, low energy, dizziness...?

Want to learn what it takes to improve your health and have fun doing so?

If your answer is YES then this 6 week interactive course is for you.

At these sessions you will learn:

- Diets that are tasty, fun and good for your blood sugar
- Mindfulness practices that encourage you to become more present to body sensations, thoughts and emotions without judgement
- And much more...*

When: 5.30pm - 7.00pm
6 week course starting Monday 1st June

Where: Online meeting room
Details with how to access the room will be provided with your booking

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