

● **Free Webinar!**

Thrive  Talking

Episode #29 Self Care-You've checked in now what ?

This webinar will explore simple, realistic ways to respond to stress, protect your wellbeing, and build self-care habits that fit into everyday life. Whether you're looking for fresh ideas, gentle encouragement, or tools to support yourself and others, this session will help you turn awareness into positive action.

28th July at 12:30pm - 13:00



Mita Mistry

Mita is a wellbeing expert, author, speaker, therapist, Mindfulness-Based Cognitive Therapist and acupuncturist, with extensive experience supporting mental health and physical wellbeing.

Join us during your lunch break for free!

Register Here!

or go to link in description



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