

You cannot pour from an empty cup



take care of yourself first



**Join the 21 day mental health challenge
13th October - 3rd November 2020**

A series designed to build your mental & physical resilience through education and practice.

In 21 days we rewire our brains for a positive focus, stress reduction and increased calm.

8am - 8.30am Live via Teams

Plus recorded session sent via whatsapp





4 WhatsApp Groups Available

(if one group is full please scan the next code.)



Group 1 - Open



Group 2 - Open

IPHONE USERS SCAN CODE USING YOUR CAMERA

ANDROID USERS CAN SCAN THE CODE USING A 3RD PARTY QR CODE READER



Group 3 - Open



Group 4 - Open

PLEASE SCAN TO JOIN GROUP

PRE-RECORDED DAILY SESSIONS WITH SUPPORTED CONTENT

- Videos
- Key Takeaways

