

Learning to be the best we can be

Getting Well / Staying Well



Leicester

Tuesday
26th September 2017

9:30am to 12:30pm
1:30pm to 4:30pm

Book for the **Getting Well** morning session

or

the **Staying Well** afternoon session

or

for the full day including our **Wellness Bring & Share Buffet** 😊

Background

You might think that getting well and staying well will be near enough the same thing. That is what we thought. Both require us to believe in ourselves, have a plan and take action. The main difference can be in our acceptance of where we are on our journey.

If you're having days when you don't have the energy needed to feel good then it can be best to focus on **Getting Well**.

If you can wake up with enough energy to choose to feel well then you can be making choices that will help keep you well for the rest of your life. **Staying Well** is far better than slipping back into poor health and needing to get well again!

Who is the course for?

It is good for anyone needing to develop a robust working plan for wellness.

Prices:

<http://www.wraptraining.co.uk/wrap-prices-uk.html>

Reserve a place:

<http://www.wraptraining.co.uk/and-getting-well-staying-well-in-leicester.html>