

Self Care Week

18 - 24 NOV

2019



Making small changes each day can have a big impact on your health and wellbeing

Join the
#MakeOneChange
Challenge!



*MOVE MORE - ALCOHOL FREE DAYS - GO TO THE GYM
SWAP FIZZY DRINKS FOR WATER - GO FOR A WALK
SCREEN FREE EVENING - FAST FOOD FREE DAY - CAFFEINE FREE DAY*

mylivingwell.co.uk

Making it easier to live a healthier, more active life