

Join the #MakeOneChange Challenge!



Self
Care
Week **18 - 24 NOV** 2019

Could you join the
challenge for
Self Care Week?



#MakeOneChange

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

mylivingwell.co.uk

Making it easier to live a healthier, more active life

MOVE MORE - ALCOHOL FREE DAY - GO TO THE GYM

SWAP FIZZY DRINKS FOR WATER - GO FOR A WALK

SCREEN FREE EVENING - FAST FOOD FREE DAY - CAFFEINE FREE DAY