

"An amazing session today"

"I am so inspired and spurred on!"

"Refreshing session!"

Join Us On A Wellbeing Journey

We are proud to offer all practice staff an opportunity to join the brilliant Wellbeing GP, Dr Helen Garr, on a mindful journey to Rome. Along the way you will find tips and tools to help recognise and prevent burnout, discover 5 key ways to wellbeing and create wellbeing goals to take forward and promote a healthier, happier life.

Tuesday 22 September 1pm-2pm via Zoom

Book your place now: <https://ti.to/herefordshire-and-worcestershire-primary-care/a-wellbeing-journey-to-rome> Booking Deadline: 15.09.20



The Wellbeing GP
Dr Helen Garr