

5 Ways to Wellbeing

with Ben, Vic and Misha!

"Connect, Be Active, Notice, Learn and Give!"

**Go for a run?
Jump up and down?**

Looking after our health and wellbeing is so important during lockdown.

Come sing-a-long with us and learn five ways to make you feel better, it'll make you feel good!



Scan the QR Code with your camera to access!



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