

Wellbeing Workshops



Discover the art of applying the 5 Ways 2 Wellbeing to transform your life positively



Time to kick that nasty habit and join us for Break the habit: Smoking, in understanding various ways to help you quit



Embark on a mindful journey - Immerse yourself in the art of mindful living with our workshop on 'Mindfulness'



Elevate your activity & energy level! Join 'Physical Activity' workshop for a healthier, more vibrant you.



Dive into the impacts that food has on your wellbeing. Discover the secrets to nourishing your body and mind for a healthier, happier life.



Boost your communication confidence! Step into a world of Empowered Expression—where words empower.



In the hustle of everyday life, understanding stress is the key to unlocking a path towards relaxation and well-being.



Unlock better sleep with tips and insights. Join our 'Sleep' workshop for rejuvenation. Let's improve your nights together

Interested in taking part in a wellbeing workshop? Scan QR code to register your interest:



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