

12 Days of Christmas Well-being Webinar

Grab a drink and join us, Sue Webb from *Lotus Education* and David Gumbrell from *The Resilience Project*, for a lively discussion, tonnes of helpful tips, a prize draw and lots of fun and games.

This is one webinar you won't want to miss!

FREE webinar
Wednesday 8th December, 4pm

Register at:
<https://bit.ly/3HgTHSI>

