



All Being
Well
Project

Facebook @allbeingwellproject
Instagram@allbeingwellproject

Tel: 07795 607534

Nature-inspired health

Five Ways to Wellbeing Planner



CONNECT

My goals are...



BE ACTIVE

My goals are...



TAKE NOTICE

My goals are...



KEEP LEARNING

My goals are...



GIVE

My goals are...

CHECK OUT OUR WORKSHOPS FOR MORE WAYS TO WELLBEING ...