# "The Greatest Wealth is Health"

## Catalyst is offering two free Wellbeing Workshops covering:

- The link between our physical health and emotional wellbeing
- The importance of looking after our emotional wellbeing
- An evidenced 'six point approach' to focusing on our wellbeing on a day to day basis

These are two hour workshops will be hosted at:

Christ Church, Jubilee Square, Woking, GU21 6YG

On: Tuesday 10th March

Workshop 1: 10am – 12pm  Workshop 2: 1pm – 3pm

Booking is essential – if you would like to attend, please contact: alice.turner@catalystsupport.org.uk to secure your place – we hope to see you there!

Invest in Yourself!