

LIVE LIFE WELL

Virtual Weekender

8-10 MAY 2020



FRIDAY 8TH MAY

SATURDAY 9TH MAY

SUNDAY 10TH MAY

8:00AM	MORNING MIND <i>WITH SUZY READING</i>
8:20AM	MORNING MOVES <i>TIK TOK J-LO SUPERBOWL CHALLENGE - KIM COLLICUTT</i>
9:00AM	SENIOR MOVES <i>TANIA SWIFT</i>
10:30AM	MID MORNING MOVES SOS BOSS <i>BONNIE LISTER-PARSONS</i>
11:30AM	HEALTH HOW COVID19 HAS AFFECTED OUR HEALTH & WELLBEING <i>DR DAWN HARPER, DR SARAH JARVIS, BARONESS GREENFIELD</i>
12:30PM	MENTAL HEALTH MANAGING STRESS & ANXIETY IN UNCERTAINTY <i>JOSH ROBERTS, DR.AARON BALICK, RACHEL KELLY</i>
1:30PM	WORKPLACE FINDING YOUR PURPOSE DURING FURLOUGH <i>NATASHA DEVON & FIONA PHELPS</i>
2:30PM	RELAXATION MINDFULNESS <i>NATALIE PENICOTTE COLLIER</i>
3:30PM	PARENTING HOW TO RAISE A HAPPY & RESILIENT CHILD <i>JOY & ANNABEL IGROWCO</i>
4:30PM	STUDY YES YOU CAN: ACE STUDYING <i>NATASHA DEVON</i>
5:30PM	WORKPLACE LOVE IT OR LEAVE IT <i>SAMANTHA CLARKE</i>
6:30PM	COOKALONG NOTHING IN MY FRIDGE: STIR FRY WITH ZERO WASTE CHEF <i>MAX LA MANNA</i>
7:30PM	AN EVENING WITH A COMEDIAN'S TAKE ON MENTAL HEALTH <i>JULIETTE BURTON & JAKE MILLS</i>

8:00AM	MORNING MOVES <i>BODYWEIGHT HITT WITH STEFF WOODMAN</i>
9:00AM	MORNING MOVES DYNAMIC PILATES <i>HOLLIE GRANT</i>
10:30AM	KIDS MOVES YOGADOO <i>LUCY STONE</i>
11:30AM	HEALTH EMPOWERING YOU TO MANAGE YOUR OWN WELLBEING <i>DR. RADHA MODGIL, JAMES SANDERSON & KIMBERLEY PENA</i>
12:30PM	HEALTH GUT BIOLOGY FOR THE WHOLE FAMILY <i>THE GUT STUFF</i>
1:30PM	FOOD & NUTRITION NOURISH:ME - VEGAN RECIPE WITH AMY <i>AMY LANZA</i>
2:30PM	LIFESTYLE THE LANGUAGE OF LOSS <i>DIPTI TAIT & SASHA BATES</i>
3:30PM	PARENTING SAFEGUARDING OUR CHILDREN'S WELLBEING <i>SUZANNE ALDERSON, NATALIE COSTA & DR. RADHA</i>
4:30PM	LIFESTYLE HAPPY NOT PERFECT <i>MOLLY FORBES, LUCY DONOGHUE</i>
5:45PM	WHAT THE HEALTH? HOW DO WE SUPPORT OUR IMMUNE HEALTH <i>AMY ABRAHAMS & TORAL SHAH</i> <i>WHAT THE HEALTH?</i>
7:00PM	AN EVENING WITH LOVE OR LOATHE IN LOCKDOWN:HOW TO MAKE YOUR RELATIONSHIPS SURVIVE <i>JO HEMMINGS & KIM COLLICUTT</i>

8:00AM	MORNING MOVES FLUID BOOTCAMP PILATES
9:00AM	MORNING MOVES HIIT WITH ZEST24
10:30AM	MORNING MIND LUNAR LIVING <i>KIRSTY GALLAGHER</i>
11:30AM	WHAT THE HEALTH? WHAT A TIME TO BE ALONE: CONNECTION, FRIENDSHIP & SELF EXPLORATION <i>KATE LEAVER, LUCY DONOUGUE, AMY ABRAHAMS & TORAL SHAH</i>
12:30PM	LIFESTYLE THE SCIENCE OF HAPPINESS <i>STEPH PELTIER</i>
1:30PM	MONEY MATTERS HELPING YOU MANAGE YOUR MONEY IN UNCERTAIN TIMES <i>MONEY WHISPERER & IONA BAIN</i>
2:30PM	LIFESTYLE LIVING MORE WITH LESS <i>VICKY SILVERTHORN & BEN CHANNON</i>
3:30PM	PARENTING HOW TO STOP LOSING YOUR SH*T WITH YOUR KIDS <i>JOY & ANNABEL IGROWCO, SUZANNE ALDERSON</i>
4:45PM	SLEEP WORKSHOP TIRED BUT WIRED <i>DR. NERINA & KIMBERLEY PENA</i>
5:45PM	RESILIENCE SURVIVING &THRIVING: GOING KNOWINGLY INTO THE UNKOWN <i>PAULA REID & ED DRAPER</i>
6:45PM	BREATHE BREATH WORKSHOP : EASE THE MIND, CALM THE BODY <i>RICHIE BOSTOCK - THE BREATH GUY</i>
7:30PM	PERFORMANCE WITH JULIETTE BURTON <i>COMEDY WITH JULIETTE</i>