

SUNDAY 13TH SEPT.

FITNESS. WORKPLACE. MENTAL HEALTH. SELF-CARE. FOOD & NUTRITION. FUN. PARENTING

GET YOUR TICKETS NOW VIA

WWW.LIVELIFEWELL.UK

LIVE LIFE WELL

Virtual Weekender 2.0
11TH - 13TH SEPTEMBER 2020

- 8:00AM** MORNING MOVES : THE HUDDLE FITNESS
STRENGTH & CONDITIONING
- 9:00AM** MORNING MOVES : BUSY LIZZY MUM
WORKOUT
LOTTIE KEBLE-WYATT
- 9:45AM** MINDFULNESS : BREAD THERAPY
PAULINE BEAUMONT
- 11:00AM** CAREER : HOW TO COPE WITH
REDUNDANCY & JOB HUNTING
ALEXA SHOEN
- 12:00PM** SELF-CARE : PPE : SUFFOCATING OUR SKIN
*YULIYA CULLEY OF NOVELLO SKIN, SARA
PRUE SJP BEAUTY*
- 1:00PM** LIFESTYLE : HOW MEN CAN LIVE LIFE
BETTER
*ANTHONY ASTBURY, ED DRAPER,
JOHNNY NELSON*
- 2:00PM** SELF-CARE: WEAR & TEAR IN LOCKDOWN
*TIVOLI CHIROPRACTIC, PURELANDS
ACUPUNCTURE, COTSWOLD*
- 3:00PM** PARENTING : A STRONG RETURN TO
SCHOOL LIFE FOR OUR CHILDREN
NATALIE COSTA, SUZANNE ALDERSON,
- 4:00PM** WORKPLACE: BREAKING THE SILENCE
DAVID BEENEY
- 5:00PM** SELF-CARE : SUPPORTING YOUR SLEEP
NATALIE PENICOTTE-COLLIER



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Health & Nutrition Magazine



IN AID OF
NHS CHARITIES
TOGETHER