

# *How to look after your health over the holidays*

QUICK TIPS



The holiday season is a time for fun and festivities.  
The last thing you want to do is have to pay the  
health price when it is all over.

Join us for the last talk of 2023 where we look at:

## **EASY TIPS TO LOOK AFTER YOUR HEALTH OVER THE HOLIDAYS**

**Date: 11th December 2023**

**Time: 9.30am to 10.30am**

**Place: Boardroom**

**(space is limited so please book)**