

Wellbeing Calendar

August 2024.



Wellbeing Webinars with The Vitality Coaches

**A Healthy Gut:
Understanding and
Improving Gut Health.**

Thursday 8th August
11am - 12pm

[Register](#)



**Sleep Well, Perform Better:
Easy ways to improve
your sleep**

Thursday 29th August
11am -12pm

[Register](#)



Vitality Talks

**Nutrition Tips to Boost Brain
Health
with Vitality experts.**

Tuesday 20th August
11am - 11.45am

[Register](#)



Monthly Movement

**HiiT Workout for All Levels
with The Vitality Coaches.**

Wednesday 14th August
12pm - 12.30pm

[Register](#)

