

Summer Wellbeing Presentation

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Summertime is the carefree period of the year. Typically, we use this period for family holidays and to have fun with friends.

This presentation shares seasonal insights on lifestyle habits to boost summer wellbeing:

- Seasonal Foods - Eat with the times
- Keeping Hydrated - Balancing nutrient and vitamin intake
- Skin Care
- Ecotherapy for Physical Wellbeing & Stress Relief
- Managing Allergies
- Mental Health Tips for the summer
- Creating a herbal 1st aid kit for the summer
- Self care tips during heatwaves
- Summertime Self Care Routine

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.