



Winter Wellbeing Presentation

Length: 1hr

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

Details: As the days become shorter and the temperature drops, the body might feel the need to hibernate, as is its natural tendency. However, an abundance of studies say that engagement with nature, as well as maintaining a fitness regime can help prevent winter depression. In addition, certain winter foods are known for their immune boosting properties.

This presentation shares some of this research, and provides lifestyle tips for a happy and healthy winter.

Content includes:

- Nurturing Mental Happiness In Wintertime
- Lifestyle Habits To Reduce Winter Fatigue
- Winter Wellness Recipes

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.