Wellness & Wellbeing

As we are a part of both... let us talk about

Wellness and Wellbeing,

with our...

Children, Parents, Relatives, Colleagues, Domestic Assistants, Friends

De-stress - think happy

Eat a healthy, balanced diet

Exercise daily

Cease tobacco consumption including exposure to second-hand smoke

Avoid Alcohol

Your Wellness and Wellbeing are in your hands!

#OneAgainstCovid

12/05/2021