

The Wellness Junction

NUTRITION

SUPPORT • HABITS • COMMUNITY • RESULTS

COFFEE Morning

Join us for a friendly coffee morning with
The Wellness Junction

Come along, have a chat and find out how we can support you with your health, wellness and goals.



WEDNESDAY
28TH OCTOBER



10:00 AM –
12:00 PM



Sandy Bay
(Residents Coffee Morning)

- ✓ Free body scan and wellness evaluation (normally worth £50)
- ✓ Get advice and ask any questions
- ✓ Learn how to increase your energy
- ✓ Support with weight goals (lose or gain)
- ✓ Find out how to build healthier habits
- ✓ Friendly, informal and no obligation



INCREASE
ENERGY



IMPROVE
WELLNESS



LOSE
WEIGHT



GAIN
WEIGHT



BOOST SPORTS,
GYM PERFORMANCE

🌟 *I look forward to answering any questions!* 🌟