Wellbeing Newsletter

Be active for your mental health

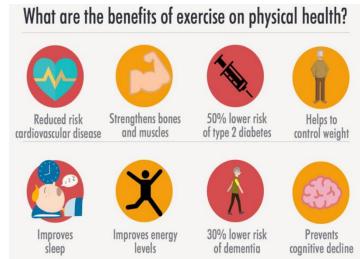
One of the best things we can do for our mental health and wellbeing is to be active – it's a natural mood booster.

'We walk by faith, not by sight.'

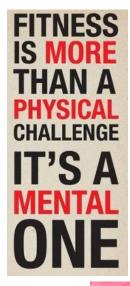
2 Corinthians 5:7

Our bodies release feel-good hormones when we're active that can also reduce anxiety and stress, and help us sleep better.









exercise not only Changes your body. IT Changes your mind, Your attitude and Your mood.

