



WELLSPRING

We Make A Difference

#EatYourselfWell

11-17th January 2021

January is the time of resolutions and new beginnings!

We welcome you to join us in this week-long initiative promoting healthy eating and balanced diet. Hopefully it will give us all a kick start on the journey to happier and healthier lifestyle!

 **Share** pictures of healthy food choices you made, recipes or tips for healthy eating on Twitter using **#EatYourselfWell**

 **Cheer** each other on...its so much easier doing it together!

Why do it?

- ✓ Better mood
- ✓ Higher energy levels
- ✓ Better memory and concentration
- ✓ Self-esteem
- ✓ Better sleep
- ✓ Confidence
- ✓ Good health and wellbeing

