

Mindfulness and Wellbeing Webinars

What is it about?

This online series of 8 webinars will focus on your wellbeing and will give you various tips and advice on how to take care of yourself.

Who is this from?

Boo Coaching and Consulting, who have developed an expertise in wellbeing resources.

Who is it for?

For All Clinical and Non-Clinical Primary Care Personnel

Why you should use it?

Caring for yourself seems more important than ever, focusing on your wellbeing is priority.



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