

10 Apps to improve your Health & Wellbeing



FREE Workshop

Wednesday, 11th May
10am-12:30pm

Getting healthy is something that is on everyone's mind at some point. Thankfully, there is a huge choice of applications on smartphones and tablets that can assist you in living better, eating better, and exercising more frequently.



Circle 33

For further information or to book a place please contact Peter Prowse
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