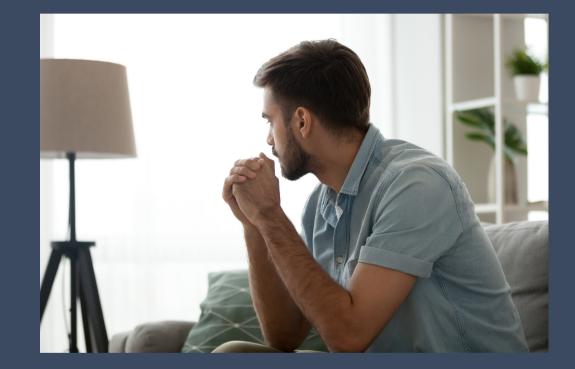
wellbeing studio

Addiction & Alcohol Awareness

This week in the wellbeing studio we will focus on an important topic - Addiction & Alcohol Awareness. We will explore what addiction is and how to be aware of addiction in people's lives while also looking at alcohol consumption and how we can be more mindful of why and how much alcohol we are consuming.

We will be joined by our special quest: Laura Dowling, Founder of Fabuwellness & Pharmacist.



Wednesday 5th July @ 1.15pm

Log in here

spectrum life