



## Taking a Digital Detox

Do you check your phone as soon as you wake up in the morning? Are you hunched over your laptop after work? You may be in need of a digital detox. In this episode, we will discuss what technology looks like today, and how it can impact your wellbeing.

With special guests: Iona Walker, Consultant Clinical Psychologist; Chris Flak, Un-plug Co-Founder.

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Wednesday 17th May @ 1.15pm