

# VIRTUAL WORKSHOPS

BRANF  
FOOD



**Are you experiencing brainfog, memory problems, anxiety or depression?**

Do you suffer from chronic health problems?

Suffering from mood swings, concentration issues & tiredness?

Want to learn what it takes to improve your health and have fun doing so?

**If your answer is YES then this 6 week interactive course is for you.**

*At these sessions you will learn:*

- Diets that are tasty, fun and good for your brain health
- Mindfulness practices that encourage you to become more present to body sensations, thoughts and emotions without judgement
- *And much more...*

**When:** 17.30 - 19.00 Mondays starting 7th September  
17.30 - 19.00 Fridays starting 11th September

**Where:** Online meeting room  
Details with how to access the room will be provided with your booking

For further information or to book your place please call  
Anna Betz on 07731 584 358 or email: [anna@unleashourhealth.com](mailto:anna@unleashourhealth.com)



Trinity Medical Centre  
Charter Medical Centre  
Brighton Health & Wellbeing Centre