



Prioritising mental fitness

*By Georgina Howden - Wellness &
Lifestyle Manager*



- Where would you check the status of your mental fitness?
- How could you 'measure' your mental fitness?
- What type of assessment could you use?
- Practical ways to prioritise your mental fitness



Date & Time: 14 May 11h15 - 12h00

Join Georgie on **MS Teams** by [clicking here](#)

Meeting ID: 358 699 307 879

Passcode: 26iE9C

Contact us with any questions georgie@healthoutfit.co.uk

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