



Prioritising mental fitness

By Gillian Smith - Wellness Coach



Date : **2 May**

Presentation : **1.30pm**

Appointments available between: **2.30pm - 4.00pm**

Please book through the pt@healthoutfit.co.uk

- 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

healthoutfit