



Move like you mean it

Where: Westhill Office
Date & Time: 15 April 11h30 - 13h30

Find out about the science of movement in plain English

- Why it matters?
- How to start?
- What it's really doing for you beyond just burning calories.

Our Wellness Coach will be on hand to talk through with **engaging activities, displays, and conversation** starters to get you thinking about movement in a whole new way.

Drop in between 11h30 and 13h30