



# HEALTH AND WELLBEING

## Workshop

**KICKSTART YOUR YEAR:  
MOVE MORE,  
FEEL AMAZING**



Start The Year With Small Steps That Make A Big Difference.  
Join Us As We Shine A Spotlight On Simple, Practical Steps That Support Healthier Living,  
Positive Habits, And Long-term Wellbeing.

 **Thursday,  
February 26th 2026**

 **1:00 pm – 3:00 pm**

 **AT Beacon Project, SW9 Learning Centre,  
153 Stockwell Road, SW9 9FX**

The workshop  
is being organised  
by the



OUR PARTNERS:

