

The Abingdon Wellbeing Show 2022

Three Speakers. One Evening.
Let your wellbeing blossom

Bridge the Gap with **George Anderson**

You don't need more information. You need more implementation. Let George help you move from knowing to doing.



We're all Under Fire with **Sarah Furness**

Sometimes it's the tax man, sometimes it's the kids, either way you need Healthy Automatic Behaviours In Threatening Scenarios (HABITS).



Get Over Indulgence with **Duncan Bhaskaran Brown**

Too many people handle stress with a glass of wine or a slice of cake. But that doesn't work. Let Duncan show you another way that doesn't require monk-like dedication.



The Unicorn Theater - Abingdon
Saturday 10th September - 7.00pm

Just £10
Book on Eventbrite Now
<https://qr.co.de/Abw3ll>



In aid of the Mayor of Abingdon's Charities

