

## WFWP So. London. UK Health and Wellbeing Event in Haslemere Hall in London

Dolores Read  
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It included a session by Anna D'Agostino from the 'Empowering Communities' in Croydon.

She explained the importance of feeling well, and how to reduce stress and improve sleep.

It is important to understand the signs of depression and anxiety and how to deal with them.

Another session consisted of a number of exercises to relinquish stress and anxiety for over 50s and 60s.

And finally a short presentation by Monique Swaby explaining the key 5 top tips for Wellbeing:

- 1-Communication
- 2-Balance your diet
- 3-Feed your creative side
- 4-Keep active
- 5-Make life better for others

After that we enjoyed a delicious dinner.

Reported by Dolores Read  
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