



Wellbeing Magazine

Welcome to Wellbeing Magazine

Spring is in the air and with it comes a new sense of optimism. It can be difficult to ignore the scaremongering of the papers and TV reports, filling us with fear of a housing crash and repossessions.

Stay focused on what is important in life, YOU, your life and your purpose. While material possessions can make life easier, not having them can also make life richer and more fulfilling.

Spend time with friends and family, take a walk in the park on a sunny day, bake bread for your family and enjoy every day as if it's your last.

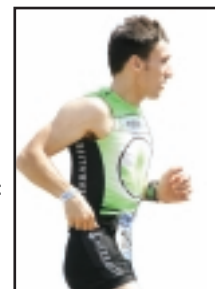
This edition celebrates life. Pregnancy, birth, overcoming challenges, through to the difficult subject of passing on.

We have Dr Mark Atkinson's view of the future of medicine as well as inspiring interviews with two UK top athletes.

Enjoy and be inspired



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Published by
Wellbeing Magazine Ltd
 5 Bentham Hill House
 Stockland Green Road
 Tunbridge Wells
 Kent TN3 0TJ
 Tel: 01892 541621

www.wellbeingmagazine.com

Printed by

Pensord Press Tram Road,
 Blackwood, Gwent NP12 2YA

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