



Wellbeing Magazine



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The last month has been extremely busy for the Wellbeing team. We launched the first Wellbeing in the Workplace event at the Spa Hotel, followed by our fifth Wellbeing Wednesday evening, which have been gaining popularity since the first event nearly a year ago.

We have also decided to move both home and office... (we must be mad) and are relocating the business to the beautiful village of Wadhurst.

Our new address as of the 1st June will be
2 The Hall, Turners Green Road, Wadhurst, East Sussex TN5 6TR

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- Kate A'Vard
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Published by
Wellbeing Magazine Ltd
2 The Hall
Turners Green Road,
Wadhurst, East Sussex
TN5 6TR Tel: 01892 541621

www.wellbeingmagazine.com
www.wellbeingintheworkplace.com

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Cover Price **£1.00** where sold
A years Subscription (6 issues delivered to your door) **£15.00**
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