

GLOBAL WELLNESS DAY

9th JUNE 2018 10AM - 3PM



UNIVERSITY OF DERBY SAYS "YES" AT THE DEVONSHIRE DOME,
WITH AN EVENT TO CELEBRATE 7 STEPS OF WELLNESS:
WELLNESS WALK - MEDITATION - FOOD TASTING - GIFTS & PRIZES

7 STEP WELLNESS MANIFESTO

"One day, can change your whole life!"



DRINK MORE WATER



DO A GOOD DEED



HAVE A FAMILY DINNER
WITH YOUR LOVED ONES



WALK FOR AN HOUR



DON'T USE PLASTIC BOTTLES



EAT HEALTHY FOOD



SLEEP AT 10:00PM

