

CALM Course for GPs

Surf stress and enjoy the ride!



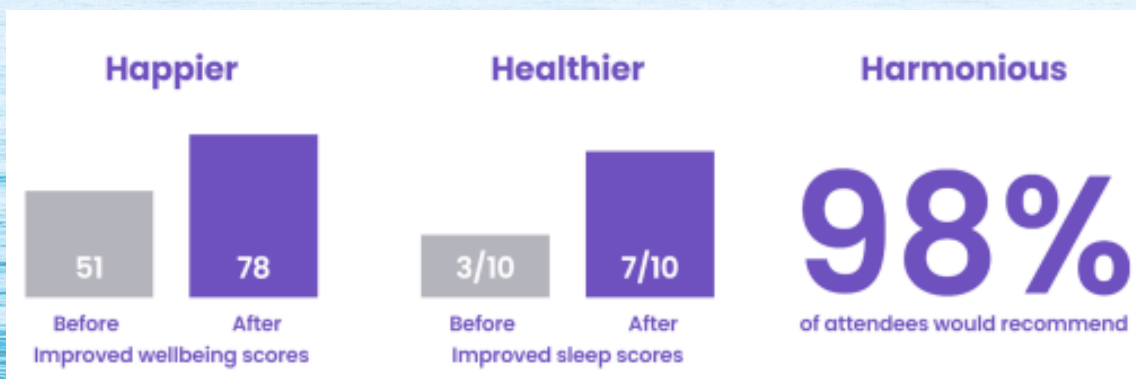
How are you doing?

We have all faced huge challenges adapting to waves of Covid, digital working and the ups and downs of “normal life”. We try our best but life can feel tough, so being told to improve our wellbeing can seem imposed, unachievable and disheartening.

Perhaps we can help?

The CALM course is a new and effective way of learning how to surf stress and enjoy the ride! In 4 stages, we simplify the science (neurobiology) and teach you practical tools (mindset, bodywork, chronobiology and lifestyle) that work naturally to balance your body and mind.

See the Results



*“This is life changing”
Dr Blaikley GP
and CCG mental
health lead*

Find out more and book online at...

www.wessexlmcs.com/events/14281

Thursday 2 March 2023 09:30 - 13:00

Wessex LMC Members £115pp

**Salisbury & South Wilts Golf Club, Netherhampton
Road, Netherhampton, Salisbury, SP2 8PR**

