

## THRIVING TIMES; Your Health and Wellness Dispatch

January 2024

As a Health and Wellness coach, I want to extend a warm invitation to you as we try on this new year and its endless possibilities. Have you ever paused to ponder whether this is the year you'll embark on your transformative health and wellness journey? The time can be now, and the power to redefine your well-being lies within your grasp.

Consider this a gentle nudge to reflect on your aspirations and envision the healthier, happier version of yourself. Embracing a holistic approach to wellness goes beyond mere resolutions; it's a commitment to nurturing your body, mind, and spirit. Imagine waking up each day with boundless energy, a sense of purpose, and a radiant vitality that permeates every aspect of your life.

I'm here to guide and support you on this empowering journey. Let's explore personalized strategies, establish realistic goals, and cultivate habits that align with your unique lifestyle. Together, we'll navigate the path to sustainable health, fostering a positive relationship with food, exercise, and self-care.

So, I ask you: Is this the year you prioritize your health and well-being? Let's embark on this transformative adventure, unlocking the potential for a healthier, happier you. The journey awaits, and I'm here to walk alongside you every step of the way.

### A few places remain...

At 6:30 pm on Tuesday 30<sup>th</sup> January you're invited to a FREE online experiential workshop **[Resolution Revolution](#): Mastering Sustainable Health & Wellness Past January.**

Embark on a transformative journey with my workshop, "[Resolution Revolution](#)." Discover the keys to making your health and wellness resolutions endure beyond January. Join the session to unravel the barriers hindering your progress and learn sustainable strategies for a healthier lifestyle.

Don't let your resolutions fade — embrace lasting change and well-being. It's time to revolutionize your approach to health and make 2024 your healthiest year yet!

Places are limited and there are a few left so book quickly to avoid disappointment.

### Save the date...

I'm delighted to share that I will be launching the Kings Centre group wellness events with a **FREE** session; **Thursday 29th February at 6:30pm, until 8.**



**CRAVE LESS  
LIVE MORE**

**FREE Wellness Event**

**Can you relate to any of these?**  
I'm not happy with my health, I feel heavy and tired.  
I try, yet fail to manage my weight, it rules my life.  
Stress and fatigue leave me with no energy for myself.

**Yet your vision is ...**  
To have more energy, to be able to play with your kids.  
To have a good quality of life, with plenty of years to enjoy  
doing activities you love.

**Do you want to stay as you are? NO?**

Then you're ready to take the 1st step with this new group class.  
Hosted in person at The Kings Sports Centre, East Grinstead  
at 6.30pm - 8pm on THURSDAY 29th February

To book your **FREE** place on this  
Group Health and Wellness event (with a value of £45)  
go to the events page on my website.  
Places are limited, with a closing date of 26th February.

As a Special bonus you'll learn about the power of  
Health Coaching and how it can help you.

[www.UniqueWELLth.coach](http://www.UniqueWELLth.coach)  
Samantha@UniqueWELLth.coach



### Once last thing before you go...



Looking for something new for the new year?? My personal discount code of 20% off all sprouting seeds 1kg and under PLUS on the sprouting jar is still available through Buy Whole Foods Online. I DON'T get any commission we just have a shared passion for supporting new ways to better health and wellness. If of interest then I invite you to stop by at [Seeds for Sprouting \(buywholefoodsonline.co.uk\)](http://Seeds for Sprouting (buywholefoodsonline.co.uk)) to make use of the **UW20** code

Contact [me](#) for more tips on what to choose plus for some simple safety tips to help you to sprout safely at home.

Hoping 2024 brings you everything you could want.

*Samantha*