

# Wellbeing Workshops & Motiv8! MOT

Tuesdays 10am-1pm



## Motiv8! MOT includes:

- Body composition
- Blood Pressure
- Physical Activity
- Lifestyle questionnaires



## Who is it for?

EVERYONE

As long as you're a member of  
Wirral Mind 😊



Any questions? Ask Celsie email  
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