

Addiction & Alcohol Awareness

This week in the wellbeing studio we will focus on an important topic - Addiction & Alcohol Awareness. We will explore what addiction is and how to be aware of addiction in people's lives while also looking at alcohol consumption and how we can be more mindful of why and how much alcohol we are consuming.

We will be joined by our special guest: Laura Dowling, Founder of Fabuwellness & Pharmacist.

[Log in here](#)



Wednesday 5th July @ 1.15pm