



Ways to Wellness Webinar

Are you constantly feeling stressed? Do people tell you to relax but you feel you don't know how or don't have time?

Join this engaging webinar and learn the secret wisdom to stimulating your vagus nerve - to engage your body's own natural relaxation response.

We will explore the essential elements for maintaining and improving your wellbeing, and

We will provide you with a practical, easy, time efficient toolbox - of hints, tips and interventions - to help manage stress, self-regulate your brain, self-soothe your anxiety, relax your mind and body, and downshift from the stress of our busy lives.



Happening on the 25th of July at 5:30pm on Zoom

Lisa Martin (Functional Medicine Health Coach at Polaris)



"We are all a constant work in progress and there is no finish line.

I just try to help people get closer to that imaginary line"

Little Einsteins Club



Engaging Lectures, Discussions & Interactive Social Club for Gifted Children (with above average IQ) who need some stimulation, fun, and to meet like-minded people

Topics: Astronomy, Philosophy, History, Cryptocurrency, Coding and Gaming, Palaeontology, Biology, The Mysteries of the World, Dream Analysis, Big Bang Theory, and so much more