



#HealthyHabitsQueen

HEALTHY HABITS MONTH

what's on

J A N U A R Y

All Masterclasses take place in my [Better Lifestyle Habits for Busy Mums](#) free Facebook group

Cooking live with the Griffo's takes place on my [Wendy Griffith - Live Healthy](#) Facebook Page

05
8PM

Masterclass: Not this time Lockdown 3.0: 2-3 habits to me get through the next 6 weeks (Wendy Griffith)

06
6PM

Live cook-a-long with the Griffiths. 20 minute healthy & quick dinners for the family

07
8PM

Masterclass: Time management with Jo Bendle - Productivity coach

12
8PM

Masterclass: How to make time for self-care as a busy mum with Wendy Griffith

13
6PM

Live cook-a-long with the Griffiths. 20 minute healthy & quick dinners for the family

14
8PM

Masterclass: Mindfulness for busy mums with Kendall Platt - Mindful gardening coach

19
8PM

Masterclass: Intuitive eating & exercise - listening to what your body with Wendy Griffith

20
6PM

Live cook-a-long with the Griffiths. 20 minute healthy & quick dinners for the family

21
8PM

Masterclass: Master your Money in 2021 with Cat Plummer - Money coach

26
8PM

Masterclass: Clearing the clutter (mental & physical) & getting organised with Wendy Griffith

27
6PM

Live cook-a-long with the Griffiths. 20 minute healthy & quick dinners for the family

28
8PM

Masterclass: Hormone Health with Rowena Prescott - Women's wellness coach

www.WENDYGRIFFITH.co.uk