

Sharing our wellness campaign

Theme: Be happy regardless

Wonderfully made woman

www.wonderfullymadewoman.org



Wonderfully
MADE WOMAN
Bringing back your confidence

Wonderfully made woman



Manchester
Health & Care
Commissioning



Sharing Our Wellness
Campaign

Happiness is a choice.....



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**Happiness can improve
your mental and
emotional wellbeing.**

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Family

Dancing

**WHAT MAKES YOU
HAPPY?**

Singing

reading

Travelling

You can use dance to reduce stress



Never stay in isolation.....



Be confident in yourself



Happiness Is Free

So much to make me
cry, but I choose to be
happy regardless 😄😄



Check out our video on our Facebook page



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**Be happy
regardless**

**Happiness
is
a
choice**





**Be
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