

South London, UK Peace Embassy's workshops on feeling well, reduce stress...

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Also understanding the signs of depression and anxiety and how to deal with them. Twelve ladies at the South London Peace Embassy, Haslemere Hall on the 22nd March – 5.00pm – 7.00pm, attended a Health and Wellbeing event of talk and exercise sessions by Anna D'Agostino from the Empowering communities in Croydon. She explained the importance of feeling well, how to reduce stress and improve sleep. She also covered about understanding the signs of Depression and Anxiety and how to deal with them.



The participants did exercises to relinquish stress and anxiety for over 50s and 60s and had a session with Monique [Swaby](#) explaining the key 5 top tips for Wellbeing:

- 1-Communication
- 2- Balance your diet
- 3-Feed your creative side
- 4-Keep active
- 5-Make life better for others

It was followed with a delicious dinner for everyone attending.