



with Dr Audrey Tang & Sharon Lawton

[www.draudreyt.com](http://www.draudreyt.com)

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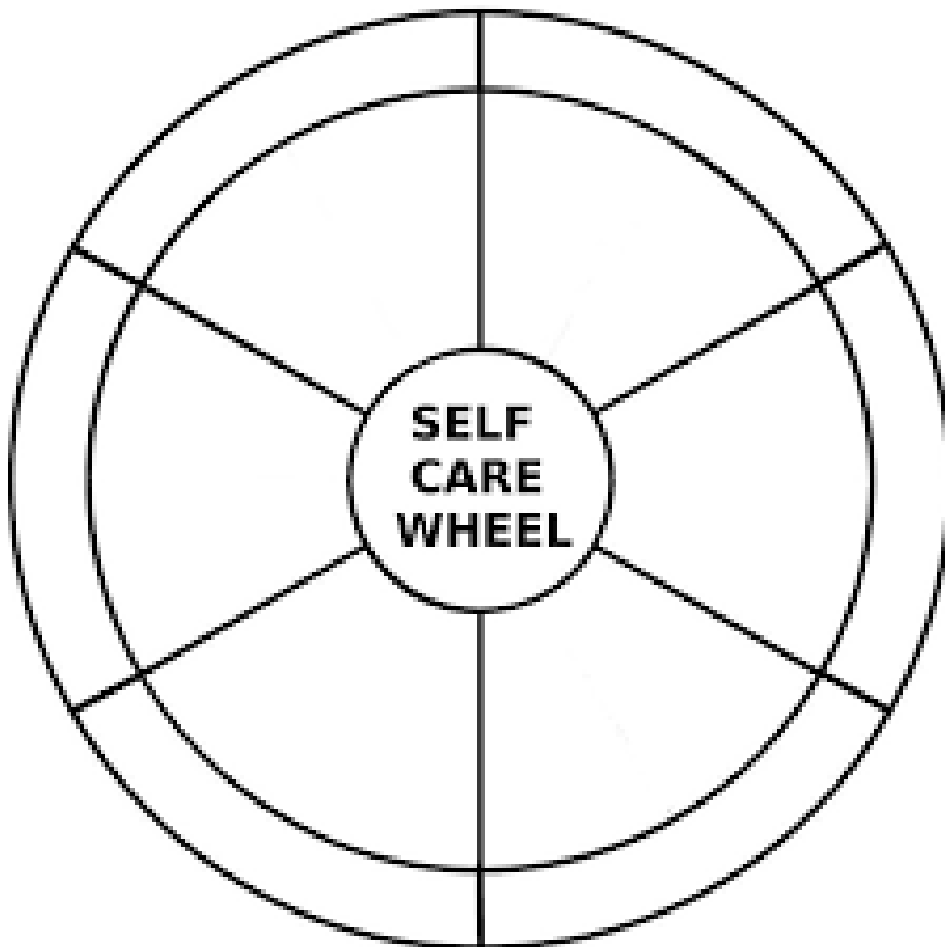
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- SPICES to bring flavour to your life (Sharon Lawton)

Colour in, and add examples to this WELLNESS WHEEL:

The 6 segments are:

- Spiritual
- Physical
- Intellectual
- Creativity
- Emotional
- Social



The CPD Standards Office  
CPD PROVIDER: 21199  
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Notes:



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