



Learning Exchanges:

GTAC Wellness: Healthy Lifestyle Awareness Day

Healthy Lifestyle Awareness Day is to remind us to keep on track and be proactive about our health. Most of us start the year with an impressive list of New Year's resolutions, promising to eat more healthily and to exercise more regularly.

GTAC Wellness will be hosting some interesting tips on how to live a healthy life on this day so diarise **21 February 2020**.

Hope to see you all there.