

## 15th of June

**Limited Spaces** 

Simon Myatt from Havwoods UK will be talking about Wood and Wellbeing. Workplace stress has been named as 'a health epidemic of the 21st century' by the World Health Organisation. The good news is that exposure to wooden surfaces has been proven to reduce stress, as our Wood and Wellbeing talk explores. In this presentation we share a number of case studies proving the benefit of natural surfaces to the buildings' occupants. (UK)

13.00 - 13.45

at Havwoods Showroom

Talk with Simon Myatt from Havwoods UK

16.00 - 17.00

at Havwoods Showroom

Music, food and wine

