

\$4.2 Trillion spent globally on wellness; but the world's workers are unwell

Sussex Wholistic Wellness Fair March 19-23 2019

AWAKENING & HEALING

Retreat

March 19-23, 2019

5 Days, 4 Nights All Inclusive

Destination
Worthing
ENGLAND







Lakichay Nadirah
USA

Kojo Frimpong
Ghana

Diana Stegaru
Romania

Kamaljeet Sokhi
India







Károly (Charles) Mathe
Romania

Dr. Stacey Lang
USA

Michelle Newman
England

Dennis White
Barbados/UK

Serhan Dogan
Turkey

WORKSHOPS

- Writing to Heal
- Your Money Manifestation
- Maximise Your Health Potential Through Empowered Eating & Nutrition
- Empower Yourself to Empower Others
- Transform Your Body & Life Through Biohacking
- 5 Rules to Improving Your Financial Health
- Self-Sabotage. What is it? Why do we do it? How can we move beyond it?
- Reclaiming the Throne: Activating the Healing Power Within
- Untie Your Physical & Emotional Knots to Restore Health & Balance

OPTIONS

**5 days, 4 nights (\$1,295/EU £995)
(All Inclusive) – See online details**

- 2 Days (£250)
- 1 Day (£125)
- Individual Workshops (£30 ea.)
- Worthing Wholistic Wellness Fair Entry - £5

March 20th
Women's Empowerment Day

March 21st
Retreat-4-the-Day &
Worthing Wholistic Wellness Fair

March 21st
Virtual Wellness Conference
(Live Stream - \$24.95)

Virtual Wellness Conference

So who the hell is holding me back?! Oh...it's me • Self-Care the Ultimate expression of Love: Empowering YOU to take care of YOU so that you can get exactly what you deserve • How to be a badass by lightening your load and getting rid of shi#t you don't need • Seven Scientific Steps to Seven Figures • Who's in Charge? Energy flows where intention goes! Remove the stagnation, remove the pain! • Me, Myself, and My Self-Love

Live Stream on BWTMonline.com

To REGISTER or more info: <https://dratiyajones.com/>

dratiya@dratiyajones.com or **07918860766**

West Sussex, Mar 4, 2019 (Issuewire.com) - *“Why,” is the reason Immigrant Metaphysician is hosting a series of non-traditional and multicultural wellness events in West Sussex that aid in shifting old paradigms and creating innovative pathways for achieving and maintaining overall health and wellbeing*

Worthing, England – March 1, 2019 – Health is defined by the World Health Organization as being in a state of complete physical, mental and social well-being. To that end, Dr. Atiya K Jones announced today the launch of a series of community health and wellbeing events to take place between Tuesday, March 19 and Saturday, March 23, 2019 starting with the 5-day *Awakening & Healing Retreat* for women, followed by a *Women’s Empowerment Day*, then a *Retreat-4-the-Day* for men and women; a *Wholistic Wellness Fair*, and finally a *Virtual Wellness Conference*.

The events are aimed at not only holding safe and loving space for women, but also to engage companies in supporting their employees’ wellness goals, creating supportive networks for immigrants, engaging in community development and tourism, building bridges across communities, and establishing global partnerships. All of which Dr Jones says helps to improve the overall health and well-being of individuals and their families and creating a healthier workforce and community.

“Improving the health and well-being of individuals and their families is more than just successfully managing chronic health issues or being free from disease. It’s about consciously being able to access a higher quality of life; creating internal harmony; and achieving one’s full potential,” says Dr Jones.

Despite the trillions of dollars spent globally, Dr Jones asserts that the reason the world’s workforce is still unwell is that the root of the problem is often overlooked and covered over with lotions, potions, and pills rather than dealing with the fundamental issues at hand. Further, according to the Global Wellness Institute only 9 per cent of the over 3 billion workers have access to wellness programmes on their jobs.

“As I interface with beings in a health and wellbeing capacity, I find that many are usually disaffected by similar issues. The common theme is to find some semblance of love, support, acceptance from mainstream society, and to feel a part of the collective whole in the communities in which they live. However, the reality is often seen as quite the contrary and more detrimentally social isolation. When people feel disenfranchised or deprived of rights and privileges that are otherwise free to others of a borough, city, or country, it invariably impacts their being and how they exist. Studies show a link between social isolation, racial discrimination and poor mental and physical health.” says Dr Jones.

While there are many factors that contribute to compromised health and wellbeing, there is no doubt that having access to information, awareness campaigns, and prevention strategies can make a world of difference, especially when coupled with a caring and inclusive community.

The March events galvanize a diverse group of holistic wellness practitioners and professionals to share their expertise and their stories and to give back to the community. Among these are: Michelle Newman (Worthing, England); Kàroly Mathe and Diana Stegaru (Romania); Lakichay Nadirah (USA); Dr Stacey Lang (USA); Dennis White (Barbados/UK); Kamalijeet Sokhi (India); Kojo Frimpong (Ghana); Serhan Dogan (Turkey); Marcia Makeba (Hertfordshire, England); and Dr Atiya K Jones (Worthing/USA)

The Chatsworth Hotel in Worthing, West Sussex is the host hotel. The Women’s Empowerment Day is set for March 20th from 10-3pm, where there will be a series of workshops and lunch. The Retreat-4-the-Day takes place on March 21st from 9:30 am – 6 pm, where there will be another round of

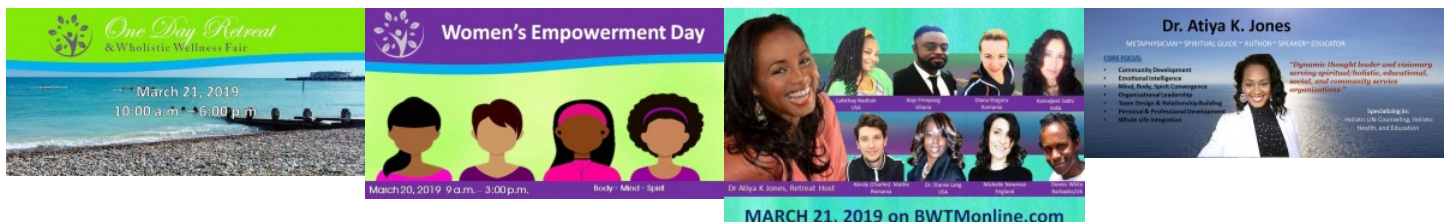
workshops, lunch, the Wholistic Wellness Fair, and Speakers Showcase. The Wholistic Wellness Fair is from 12-6pm, with the Virtual Wellness Conference taking place between 4-6pm on March 21st.

Dr Jones says the span of events leaves no room for excuses in supporting the efforts. “These events were carefully crafted to be very inclusive to various sectors of the community. Wellness matters, and if you are an agency concerned with the health and wellbeing of the community and its members, there is absolutely no excuse to not support and get involved in some capacity. I sought to be as inclusive as possible and bring different voices together. I made it my business to open up discussions for the greater good. As community members, even if you can’t make five, two, or one full day then attend a 45-minute workshop or stop by the Wellness Fair.”

About Dr Atiya Jones

Dr Atiya Jones is the author of several books and has an extensive background in community development and outreach, relationship building and team design, program development and implementation, personal and professional development, and fostering positive discussions bringing about successful outcomes. She has worked on large-scale, multi-year consulting interventions with tremendous political, economical, and social impact for hundreds of people, and have engaged thousands of people in efforts to make complete life transformation leading to becoming more productive members of society.

For more information about the Health and Wellness events, call Ingram Jones at +44 7804 0475422 or send her an email at dratiya@dratiyajones.com/. To know more about Dr. Atiya Jones, visit the website [dr atiya k jones website](#)



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See on IssueWire : <https://www.issuewire.com/42-trillion-spent-globally-on-wellness-but-the-worlds-workers-are-unwell-1627095113943361>