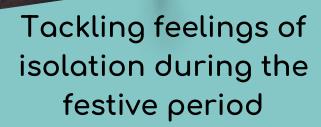


Supporting your wellbeing this Christmas

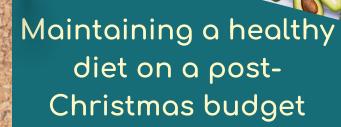


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Podcast



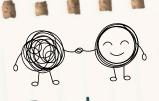
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Understanding emotional eating

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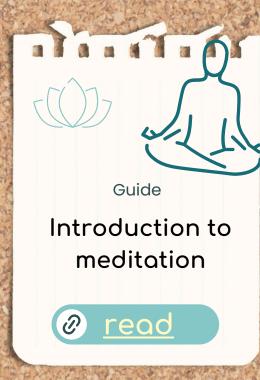




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