



# Weekly Wellness

Welcome to this weekly online resource. Wellness professional Jo Foster, offers self care tips through her insights on mindfulness and positive psychology, her weekly online yoga classes and nutritious recipe recommendations.

This week we will be looking at believing in positive possibilities. Enjoy!

## Food for thought

"I believe in miracles..." by Hot Chocolate.

The second part of this well known line is not so relevant to today's food for thought! But the first part, "I believe in miracles", is for my part, a true statement. I'm not sold on the supernatural variety of miracles just yet, but I'm certain that everyday events occur that seemingly defy natural and scientific laws.

I have evidence for this. Here are a few of my life miracles and how to foster belief.

[Read more.](#)



## Food for you



Turkey Enchiladas Verdes  
by The Good Housekeeping Test Kitchen

[Nutrition facts and recipe here](#)

## Friday's zoom classes



Join Jo for online yoga classes  
Desk based yoga at 12:30 - 13:00  
Guided relaxation at 13:00 - 13:15

[Join here](#)