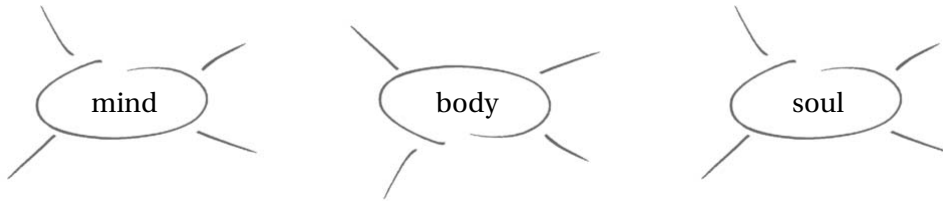


1 Mind, body & soul

'Feeling good' means balancing the needs of your mind, body and soul. What are those needs? Write them on the word wheels below.



2 Berlin next week

You work for a company who gives wellness seminars. You and your colleagues are travelling to Berlin next week for a seminar you have organised. Using the cues below, write sentences telling your boss what you have planned. See the Remember box on page 54.



Example: (we, fly, Berlin, Sunday afternoon) We are flying to Berlin on Sunday afternoon.

1. (we, meet, hotel director, Sunday evening)

2. (John and Susan, present, 'Wellness for Life', first thing Monday morning)

3. (Mike, lead, discussion groups, Tuesday afternoon)

4. (I, drive, airport, 4.30 Wednesday, Dr Almare.)

5. (Dr Almare, speak, 'Modern Vitamin Therapy', closing session, Thursday)

3 SOS

Your best friend is not doing well and sends you this e-mail. Write back, giving your friend advice on how to straighten out his life. Be sure to use 'should', 'shouldn't' and 'ought to'.

