

# Wellness Day

With Helen Mawson

Friday 16 April 13.00 – 16.00

£15



## *Balance your energy and feel vibrant!*

Come along and learn some natural effective techniques that help

- reduce stress
- increase positive thinking
- balance your nervous system
- clear tension headaches
- reduce digestive tension
- boost your immune system
- aid clear thoughts

Please book at reception or call 01432 361061  
Payment of £10 is requested at time of booking

Registered Charity 1061726