



Complete Balance

Holistic Therapies with Helen Mawson

Wellness Workshop

Sat 24 October, 10am-3pm

Friends Meeting House, Ludlow

£25 inc; refreshments & manual

Learn how to;

Reduce stress

Feel positive

Balance your nervous system

Clear tension headaches

Reduce digestive tension

Boost your immune system

Think clearly

And much more!

In the workshop you will learn simple, effective techniques that can be used daily to enhance your general health and well-being.



For more information or to book your place contact;

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