



On 10th October 2019, come and join us
10.30-11.30 or 12.30-1.30 for a chill and
chat!

Why?

Because you deserve it!

Life can be a mixture of challenge and beauty, for most, a constant juggling act. How often do you consider your own needs? You can't pour from an empty cup!

Would you like to:

- Take some time for yourself?
- Treat yourself to some inner calm?
- Be in a space where you can just 'be'?
- Pick up tips?



WELL YOU CAN!!



FOR MORE INFORMATION:

