

WOMEN'S WELL-BEING & RELAXATION DAY.



**Regularly at The Fold Eco - Therapy Centre, Bransford,
Worcester.**

Your Day Includes:

- Time out just for you – a relaxing and tranquil day
- An inspiring space to learn a range of relaxation, mindfulness and meditation exercises to reduce stress
- Finding healthy ways of increasing personal and professional resilience
 - Life coaching for a healthier work/life balance
 - Confidence through creativity
 - Meeting and learning with other like-minded women
- Option of delicious organic lunch in Fold Eco Cafe or bring your own
 - Beautiful home-made cake and refreshments included
 - And of plenty of laughter!

Please contact us to talk through your requirements.

Tel: 01905 26312

Email: mandi@workandlifebalance.co.uk