

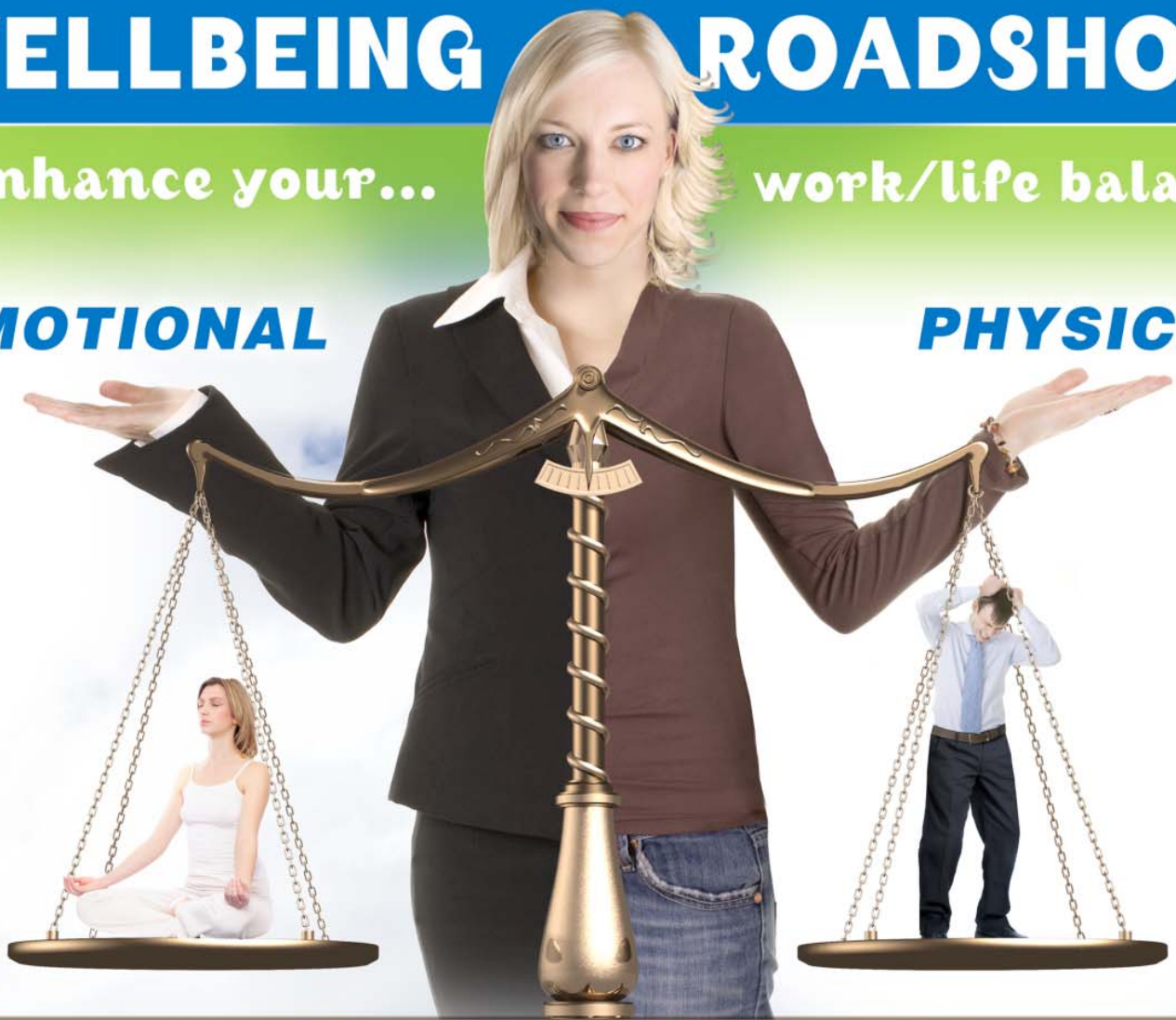
WELLBEING ROADSHOW

Enhance your...

work/life balance

EMOTIONAL

PHYSICAL



THE BENEFITS FOR YOU

Develop New Skills to:

Approach Change with a Positive Attitude
Develop your Intuition and Value Yourself
Live Life in a Balanced Way

With **Anita Martin and Sue Eastman**

Training consultants in Health, Body & Emotional Wellbeing

Last Thursday of Every Month

Venue: The Assembly House, Theatre Street, Norwich, NR2 1RQ

Time 7pm-10pm **COST £12**

To book a place/for further information contact:

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