

Taking control of our wellness journey

Are you a woman aged 40+?

Waking up feeling like you haven't been to bed?
Foggy brain? Muffins appearing in unwanted locations?

We invite you to a 2 hour interactive workshop where you'll learn skills to help you on your health and wellness journey.

We all have the answers within, sometimes we need some help to find them.

Saturday, 12 March 2016 2 - 4 pm

Heretaunga Women's Centre, Russell Street, Hastings

Places are limited - to register email

robin@holisticwellness.nz or june@restartwithwellness.co.nz
or visit either of us on Facebook

Cost \$10 proceeds to Heretaunga Women's Centre