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| **WELLNESS DAY** | | | | | |
| A pile of rocks stacked on top of each other  Description automatically generated | | **Saturday 18th May 2024 10.00am – 3.30pm** | | | |
| What is wellness? Wellness is the act of practicing healthy habits or activities on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you’re thriving.  This Wellness Day will give you some ideas and guidance on how to improve your well-being. There will be free activities including Yoga, Tai Chi; and talks by Colour by Design and on Feng Shui. | | | | | A group of people doing yoga  Description automatically generated |
| All health treatments e.g. Indian Head Massage, manicure/pedicure will be an additional £5.00 each payable on the day.  Please bring a packed lunch and wear loose fitting clothing to enable comfort during activities. Tea/coffee/cake are included in the ticket price. | | | | | |
| A person meditating in the sun  Description automatically generated | Bowerhill Village Hall  Halifax Road  Bowerhill  Melksham SN12 6SN | | | A qr code with black squares  Description automatically generated | |
| **TICKET PRICE: £28.00 Non-members are also welcome.** | | | | | |
| **CLOSING DATE: Monday 29th April 2024 (Unless fully booked)** | | | | | |
| ENQUIRIES TO: | Shauna Bodman | | Tel: 01249 816932 | | |
| no ticket sales) |  | | Email: [shaunabodman43@gmail.com](mailto:shaunabodman43@gmail.com) | | |
| Cheques will be banked once minimum numbers are reached. If a refund is due for any reason it will be sent accordingly. | | | | | |