

## WISERHEALTH WELL WOMAN MORNING



Practical help because you deserve to feel the best you can!

## WELL WOMAN MORNING

10.30 AM - 1.00PM  
THURSDAY 24TH NOVEMBER 2011  
ASTOR HOTEL, 14-22 ELLIOT STREET,  
PLYMOUTH, PL1 2PS



**As a woman do you sometimes feel overwhelmed by all the competing demands on your time?**

**Would you benefit from a morning of gentle movement, relaxation and pampering including a Reflexology or Massage treatment?**

**Would you benefit from shared discussion about health concerns, relaxation strategies and time management?**

**Women like YOU are needed to help make this event a success on Thursday 24th November! Call Janet now to find out more and book your place!**

Janet Wise will share skills and strategies gained over the last 15 years as a Reflexologist. She will also draw on the knowledge and experience gained through running similar workshops throughout the year. Owner of WiserHealth, Janet won the Women Do Business 2010 award for 'Most Developed Individual' and is committed to improving the health and well being of women so they can go out and rule the world (well at least get through Christmas with less stress and more fun!).

**Early Bird cost amazingly only £30.00 available until Saturday 12th November 2011. Full price still only £40.00! This includes an optional £15.00 for a 30-minute complementary therapy - price without therapy £15.00 Early Bird and £25.00 Full Cost after 12th November. Limited spaces. For more information and to view testimonials from previous events please visit [www.wiserhealth.co.uk](http://www.wiserhealth.co.uk). Telephone Janet on 01752 283953.**

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