

Harewood House, Plympton, Meeting Room 2, 10.15 - 11.45am

Starting 26th January 2011

Plympton Well Being Club

Would you like to spend time relaxing, having fun with other people, while learning more about Health and Well Being?

From Wednesday January 26th I'll be looking for others to join me once a month to form a Well Being Club.

The session will include:

- A short warm up exercise to music
- Discussion time about our health concerns and ways to help
- Gentle stretching to music
- A guided relaxation session.

Each month we will tackle a different topic starting with 'Motivation and Goal Setting', February 16th - Nutrition, March 30th - Exercise, April 27th - Managing Stress, May 25th - Work Life balance, June 29th - Positive Thinking.

Janet Wise, award winning owner of WiserHealth, a local Complementary Therapist, will use her considerable knowledge of health and related well being topics to provide interesting and challenging sessions. If you want to make your health a priority in 2011, come along and try this new approach. A warm welcome guaranteed.

Only £3 per session, for more information and to reserve your place, contact Janet on 01752 283953.

*You deserve to feel at your very
best!*

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