

Tuesdays
1.15 - 2.15pm
via Zoom

WELLBEING



The Portable Relaxation Toolkit



20th April - Stress

27th April - Sleep

4th May - Hand Reflexology

11th May - Mindfulness

18th May - Indian Head Massage

25th May - Review

With
Helena Dawson
of Chessel Bay
Therapies

£5 booking fee
for all 6 sessions

www.jigsawthornbury.org.uk

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