

Thursdays
8 - 9pm
via Zoom

WELLBEING



The Portable Relaxation Toolkit



25th February - Stress

4th March - Sleep

11th March - Hand Reflexology

18th March - Mindfulness

25th March - Indian Head Massage

1st April - Review

With
Helena Dawson
of Chessel Bay
Therapies

£5 booking fee
for all 6 sessions

www.jigsawthornbury.org.uk

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