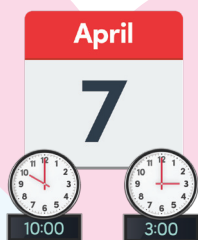


Brothers of Charity Services in England

Wellbeing Wednesday Session



Wake up, Spring is here. Our Holistic Therapy Team would like to invite you to their Wellbeing Wednesday Session on Wednesday 7th April, from 10am to 3pm at Lisieux Hall.

Part 1 with Liz Keeble

- Relaxation session with Liz.
- Self-care along with the Rainbow Relaxation Routine tips (focus on breathing).
- Information on essential oils, nature's medicine cabinet.
- 1:1 taster therapies- Reiki, Reflexology, neck and shoulder massage, available from Liz by arrangement.



Part 2 with Zainab and Sarah

- Tips on managing anxiety with Occupational Therapy students Zainab and Sarah.
- Informal chat on the benefits of Occupational Therapy.
- Fabulous fruity smoothie taster session.
- Healthy Recipes.
- News about future services.



To book your 40 minute two part session please contact Liz Keeble for more information:
liz.keeble@caritase.org.uk