

# Well-being for WOMEN

NORWICH



“These presentations offer a wealth of insight, inspiration and practical take-home tools for you to embrace in your own life.”



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We invite you to join a Well-being for Women group to explore relevant topics and themes about understanding your body and how this supports you to build a relationship with yourself.

Life today is so focused on being busy and what we can do, that we often forget about the body that carries us through our every day. Connecting with the body can support us to bring more understanding and ease to our daily lives.

These groups are for all women, no matter what stage of life or background. In truth, no matter how different our lives may look, we are all the same, we share the same challenges and the same worries.

What if every woman holds a wisdom and a knowing within that can provide the support that supersedes any stress, tension & overwhelm we experience?

When

**Friday evenings**

**6.30pm - 8pm**

Registration from 6.00pm

2020 Dates

- Feb 7th** What is true well-being?
- Apr 3rd** Let's look at comparison
- Jun 12th** The roles we play
- Sep 4th** Work, life balance
- Oct 16th** Truly nourishing our body
- Dec 11th** Taking a look at sleep

Where

**Angels Crystals**

Guildhall, Norwich NR2 1JH

Cost **£5**



### Bookings

To book visit

[www.esotericwomenshealth.com/events](http://www.esotericwomenshealth.com/events)



For more information email

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