

MORE HORIZONS

'IN-CONTROL' PROGRAMME - FREE TO ATTEND

MOTIVATION NUTRITION MINDFULNESS

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This session will look at techniques to get motivated to achieve goals, learn about good balanced diet and mindfulness techniques to improve sleep and release stress

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For booking form please contact us on
info@morehorizons.org.uk

19th February 2025

11:00 am to 3:00 pm

Venue: Aylesbury Multicultural Centre Friarscroft Way,
Aylesbury, Buckinghamshire, HP20 2TE



Holistic way for a better you

Information & Booking

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