

MORE HORIZONS

'IN-CONTROL' PROGRAMME - FREE TO ATTEND

MOTIVATION NUTRITION MINDFULNESS

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This two day sessions will look at technique 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
(Sessions are free to attend but booking required)

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4th & 18th October 2023

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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www.morehorizons.org.uk

email: info@morehorizons.org.uk

mobile: 07587459073

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