

MORE HORIZONS

'IN-CONTROL' PROGRAMME - FREE TO ATTEND

MOTIVATION NUTRITION MINDFULNESS

.....
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
.....

For booking form please contact us
(Sessions are free to attend but booking required)
.....

13th & 20th September 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

.....

www.morehorizons.org.uk

email: info@morehorizons.org.uk

mobile: 07587459073

More Horizons is a charity registered with
the Charity Commission for England and Wales
© All rights reserved. 2023

Funded by

