



The Art of Amazing Wellbeing!

Commonsense Ways to Live & Thrive

In today's world we are bombarded with what to do and what to eat along with what not to do! At times too much information can feel overwhelming so it's easier to do nothing.

If like me, you just want some good sensible, easy to use commonsense approaches to improving our health and wellbeing then this workshop is for you.

It's easy to fall back into old habits that are not always healthy for us. It takes effort to try new things and our motivation may be so great. Maybe we have forgotten what has worked for us in the past.

Take this opportunity to re-focus on yourself and your health from both a physical and mental wellbeing perspective.

The workshop is informal, fun, friendly and informative and we will learn, share, explore and discuss ways that we can easily adapt for our everyday lives.

So if you want to:

- Be relaxed and calmer
- Kick start healthy habits
- Re-focus on your wellbeing and the effects it has for you & others
- Live well and thrive

Take this opportunity to book a place:

Sunday 19 November 2017
10am–4pm
Mill Lane Studios

Very early bird discount—just £70 (until 29/9/17)

Early bird discount— £85 (until 20/10/17)

Investment Cost thereafter £95

Refreshments will be provided but please bring lunch.

Places will be limited to allow interaction, support and sharing.

Booking is easy....

You can book online from my website www.redoakcoaching.co.uk

You can book [direct](#)

You can email me karenthomas@redoakcoaching.co.uk

“The course has reminded me that my wellbeing is important and you’ve given lots of skills to use in day to day life”.

“The course is very measured with the presenters knowledge and patience shining through”.

“ I was reminded of some useful strategies that I have explored before but didn’t implement”.

Any questions please contact:

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