

Do you want to feel good?

**Embrace your health and well being -
the easy way - on a day with *Gently be***

Enjoy a complimentary
back or hand
massage.

Learn simple ways to
include Mindfulness
in your life.

Discover the benefits
of movement and
laughter!

And
much
more!

Saturday 10th March 2018
9.30-5pm, Stibbington Centre
(Church Lane, Stibbington, PE8 6LP)
£55 including a delicious lunch

Gently be's team invite you to spend an inspirational and varied day with them exploring your health - mind and body - in a completely different way. They'll show you how taking small steps to get your Mood, Food and Movement in balance can transform how you feel and what you feel able to achieve in your life.

“ The whole experience was absolutely wonderful. Perfect me-time, relaxing, educational, great companionship and life-long impact. ”



www.gentlybe.com
07840 737588
ali@gentlybe.com