

A Day for Yourself

with

SOL HEALTH

Come along and Nourish your Mind, Body and Spirit in a comfortable and relaxing atmosphere

Enjoy

Guided Meditation

Juicing

Informative Health Talk

Healthy Snacks and Lunch

Positive Psychology Techniques

Delicious Healthy Dessert

Relaxing Flute Music

Venue **Healthy Habits Studio, Wicklow**

Date **Sat. 19th November**

Contact Gabrielle at
gabriellekirby@gmail.com

Time **10am - 4.30pm**

086 3960 972

Cost **€50 (includes lunch and snacks)**

** Booking Essential **