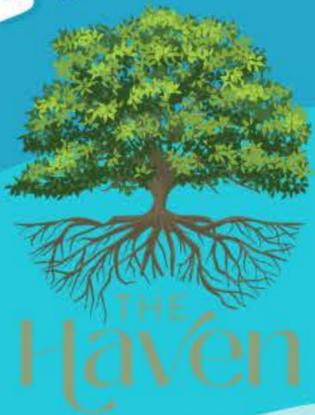


SUPPORTED BY THE HAVEN



FREE  
ENTRY

# Wellbeing fair

10AM  
-1PM

SATURDAY  
26TH APRIL

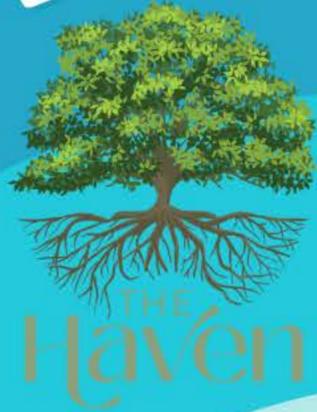
COME AND MEET 20+ PROVIDERS  
OF WELLBEING SUPPORT,  
SERVICES & THERAPIES  
ENJOY TASTER SESSIONS,  
TALKS, REFRESHMENTS  
AND MORE!

VENUE: ANGMERING  
COMMUNITY CENTRE

FOR MORE INFORMATION CONTACT  
ANGMERING PARISH COUNCIL  
01903 772 124



SUPPORTED BY THE HAVEN



TALKS

# Wellbeing fair

10:00 DEB PARROTT  
CHAKRA MEDITATION

WHY ITS IMPORTANT TO HAVE OUR ENERGY CENTRE IN BALANCE  
FOR ULTIMATE HEALTH AND WELLNESS

10:30 GRAHAM BOYD

PELLOWAH HEALING & CRYSTAL REIKI

THE DIFFERENCES AND HOW THEY CAN HELP YOUR WELLNESS

11:00 ALISON STANDISH

WHY COLOUR IS SO IMPORTANT TO OUR WELLBEING

11:30 MIRIAM PFEIL

THE BENEFITS OF GREAT NUTRITION AND NATUROPATHY

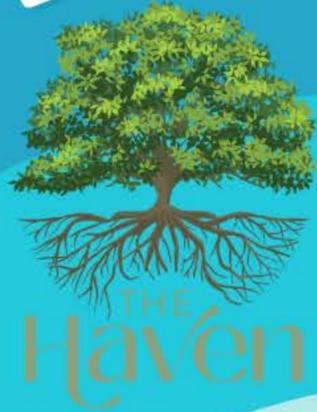
12:00 CHRISTIE PETRUCHA

TO BE ADVISED

12:30 IAN FORD

ARUN HOLISTIC ENERGY RECHARGE

SUPPORTED BY THE HAVEN



WHATS  
ON

# Wellbeing fair

**COME AND MEET THE ORGANISATIONS THAT COULD  
HELP YOU ON YOUR WELLBEING JOURNEY**

- ANGMERING MEDICAL CENTRE
- CANCER UNITED
- WEST SUSSEX LIBRARIES
- VOLUNTARY ACTION ARUN AND CHICHESTER
- ARUN WELLBEING
- ARUN COMMUNITY TRANSPORT
- WEST SUSSEX MIND
- WEST SUSSEX FIRE AND RESCUE SERVICE
- ARUN HOLISTIC ENERGY RECHARGE

**SUPPORTED BY THE HAVEN**



**WHATS  
ON**

# **Wellbeing fair**

**COME AND MEET THE GROUPS, THERAPISTS AND SELLERS  
TO HELP ENHANCE YOUR WELLBEING JOURNEY**

**THE HAVEN  
BISQ'D CERAMICS  
ENCHANTED TREES  
BEAUTIFUL LIFE BY DEBRA  
SERENITY FLOWER REMEDIES  
BE BACK TO BALANCE  
BEACHLANDS REIKI  
FEEL BETTER OSTEOPATHY  
HARMONY FLOW HOLISTICS  
BODYWAVES MIND BODY SOUL  
EAST PRESTON MEN IN SHEDS  
ANGMERING SLIMMING WORLD  
BLUES SKIES HEALTH & WELLBEING  
ARUN HOLISTIC ENERGY RECHARGE**

**THE HUMMINGBIRD HIDEOUT  
TREMARIE THERAPIES  
CRYSTAL EARTH  
THE COLOUR MINISTRY  
QUIT 4 WELLBEING  
MINDTAMERS  
MINDFULNESS MEDITATION  
MIND BODY BIRTH SERVICES  
THE SOULFUL NUTRITIONIST**

