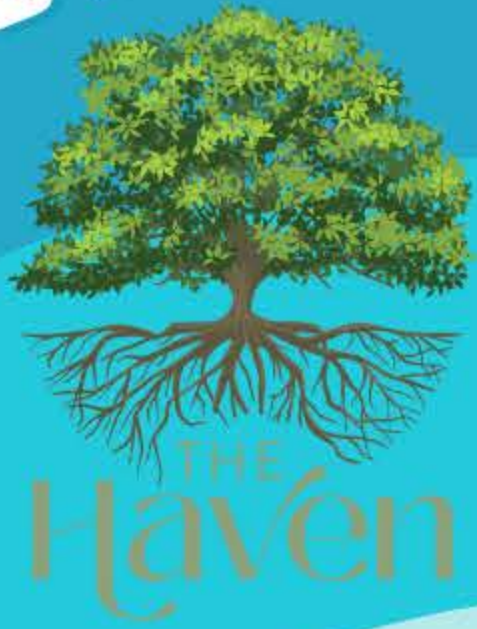


SUPPORTED BY THE HAVEN



**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



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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**



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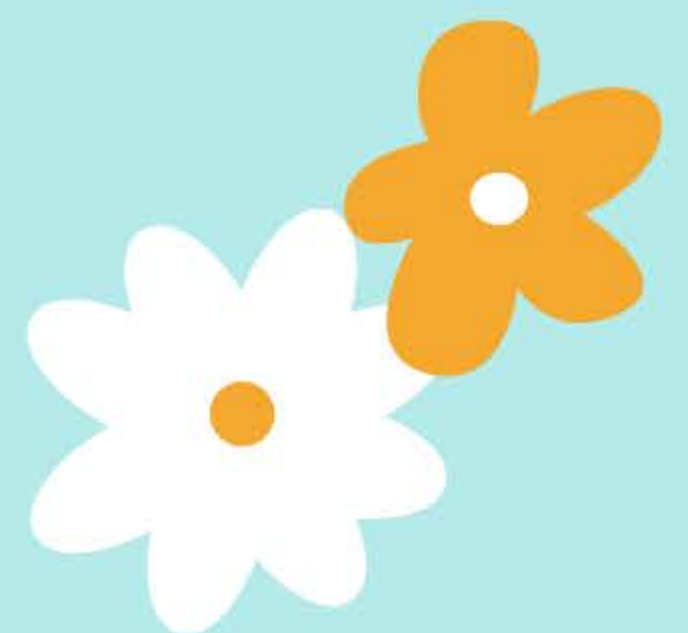


WHATS
ON

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

