



BEGINNING
25th
OCTOBER

**Join us at Grace Chocolates for our
Autumn Health & Wellbeing Sessions
starting soon.**

**As the leaves start to fall, what could you let go of to make space
for new beginnings?**

**Autumn is the perfect time to slow down and find balance – we'd
like to help you start some new healthy strategies and learn new
selfcare tools**

Tuesday 25th October / Introduction to Mindfulness

Tuesday 1st November / Gratitude

Tuesday 8th November / Managing Emotions

Tuesday 15th November / Being Good to Yourself

Tuesday 22nd November / Ditch Self Doubt

Tuesday 29th November / Peace and Pamper

All @ 10.30am - 12 noon

**Contact Pippa on 07309719209 or pippa@gracechocolates.co.uk to make a
referral/apply or for further information**