

A one-day workshop for happier,  
healthier and more sustainable living

Happy, Healthy & Sustainable Living

# WHEEL OF WELLBEING!



Tuesday, 15th December 2020

10:00 am to 11:00 am Gratitude - Jars & Recognitions

12:00 pm to 1:00 pm - Art Class

Register for one class or both

This is a free workshop

Wheel of Wellbeing focuses on the areas of  
Body. Mind. Spirit. People. Place & Planet.

If you're interested in health and happiness – from a personal or a professional perspective the Wheel of Wellbeing will equip you with skills day to day to enhance happiness and wellbeing through these areas.

To celebrate and get experiences in the Wheel of Wellbeing we will be holding 1 hour classes that focus on a different area of the wheel.

Come and join us and take some time to focus on you and your wellbeing.  
You deserve it!

Classes will be presented by a local artist who will assist you to create beautiful take home gifts and pieces of art.

\* There will be limited spaces available.



Venue

Kyabra Community Association Training Room  
Kyabra Street, Runcorn 4113

RSVP

by Tuesday, 1st December 2020

[erikah@kyabra.org](mailto:erikah@kyabra.org) or call 07 3373 9499

to register for the event

This Workshop will be face to face

[www.kyabra.org](http://www.kyabra.org)



Wheel of Well-being

**kyabra**

Strength in Community