



Sam Thorogood

will be presenting a talk:

Create a moment for YOU & Recharge your relationship with yourself and others

- ✓ Learn how relationships are impacted by phone, email and social media – simple steps to navigate this challenge
- ✓ Practice a technique to help you cope with stressful thoughts – improve the relationship with ourselves
- ✓ Learn how the quality of our relationships influences our physical and mental well-being – latest research
- ✓ Create one moment for you each day for the next 7 days

Wednesday 6th February

Refreshments from 7pm Talk 7.30pm – 8.30pm

Wilbrahams' Memorial Hall
Angle End, Great Wilbraham, CB21 5JG

Free Event! Booking is not required – just turn up

Tiny Pause
Optimum Life Habits

