

# Heal Your Puzzle Workshop

*“Empowering the Inner You”*

## “BUILDING Your RESILIENCE For Your LIFE”

- Introducing Holistic Self-Development
- Learn Self-Management Techniques to help  
Empower your Personal Space
- Helps Reduce Symptoms of Stress & Anxiety
- Learn How to Prioritise these Techniques using  
Muscle Response Testing

**COST: FREE --- Limited Places, Book in Advance**

**AT: 'No 52' High Street, Thornbury, S Glos, BS35 2AN**

**WHEN: TBC ...register your interest now :)**

*In Association with South Glos Wellbeing College*

*FFI and to Reserve your Place - Email: [sgwellbeingcollege.org](mailto:sgwellbeingcollege.org)*

*OR Contact Josie Sucu - [healyourpuzzle@gmail.com](mailto:healyourpuzzle@gmail.com)*

