



The Wellbeing Sphere

SUPPORTING YOUR HEALTH FROM THE INSIDE OUT

Winter Wellbeing

THE IMPORTANCE OF CARING FOR YOU FIRST
before you care for others...

Join our experienced complementary health practitioners Michelle Crowe, Naimah Abdat and Alexis Stewart in this supportive 2 hour workshop presenting:

- What factors contribute to getting sick and how the use of nutrients, herbs and oils can support us to stay well.
- How food and sleep affect our moods and energy levels and how our daily rhythm can support the body to deal with disturbed sleep, exhaustion and fatigue.
- The importance of self nurturing, including how to manage anxiety, stress and overwhelm.
- Esoteric yoga and body connection in a chair, to support you to re-connect back to yourself through your body.
- Complementary morning tea on arrival, catering for those on a gluten and dairy free diet.

Date: Wed 20th June 2018

Time: 10am - 12pm
Registration from 9.30pm

Cost: \$30
(plus \$1.20 Eventbrite fee)

Workshop Bookings:
Via Eventbrite through the events page on our website:
www.wellbeingsphere.com.au/events

Venue
Balmain Library,
370 Darling Street, Balmain



Michelle Crowe

Complementary Health
Practitioner & Counsellor, Dip. CP



Naimah Abdat

Naturopath, B.App.Sci
(Naturopathy)



Alexis Stewart

Yoga Teacher &
Health Practitioner