

Cold Cotes- A Special Place to Be

Changing Mid-Life – £100

(£90 prior to February 15th)

**Growing through the Menopause and
Other Mid-Life Transitions**

Saturday March 15th 9:30 a.m. – 4:30 p.m.

For more details and registration information see
www.coldcotes.com/events.htm or phone 01423 770937

Lunch is included

Mid-life can be a time of great change and challenge for women on all levels: physical; emotional; mental; spiritual. This workshop is – **A Day For You** – an opportunity to learn from and share with others who are also experiencing this transforming time of life.

Learn tools and techniques to support you in letting go of the old so you can embrace the new while emphasising positive and purposeful forward thinking.

Workshop Sessions

- Learning from and managing change on an emotional and mental level
- Understanding related physiological changes and supporting yourself physically
- Non-clinical approach to improving well-being through homeopathic remedies and nutrition
- Connecting with your Inner Wise Woman

Facilitating this Sharing of Experiences are:

Penny Jones – Coach specialising in transitions

Jane Russell – Holistic personal trainer

Lilian Kershaw – Coach with a special interest in homeopathy

Joanna Russell – Spiritual coach

Cold Cotes Development Centre is a peaceful and beautiful setting for this workshop with exceptional accommodation and delicious food.

www.coldcotes.com

tel: 01423 770937