

A Different Way Day



Saturday 13 August
9.30 - 4.00

The Showroom
Tritton Road, Lincoln
LN67QY

Bus Routes: 100, 6, 9, X6

A day of experiencing a range of
different ways to add to your
Mental Health Toolkit.

Fantastic speakers to give you the
knowledge and simple demonstrations
that you can take home and recreate.

There is always a **Different Way**.

To register your interest email
info@thewellnesnetwork.co.uk

A Different Way Day

Here are just some of the activities & talks you will experience

- Guest Speakers on a variety of topics & techniques
- Walk in Nature
- Introduction to Gardening
- Yoga
- Nutrition & Smoothie Making
- Breathwork
- Gratitude & Journaling



On the day please wear comfortable loose clothing for the Yoga and trainers for the walk. Please note these will be small groups and spaces are limited.

To register your interest email
info@thewellnesnetwork.co.uk