



*Supporting Families
in our Community*

TIME4YOU... HAND REFLEXOLOGY



**As busy parents, sometimes we just need to 'stop' and 'recharge'...
We deserve to look after our wellbeing ...and our families will benefit too!
Come and relax with our Reflexologist, who will show you some simple**

**techniques to relax
your mind and body.**

Wed 23rd April 2025

12.30 - 2.30pm

Beech Community Hub

8 Austen Road, SS14 3RZ



We have 3 ways to book:

CLICK HERE to book via Eventbrite!

Call/Text/Whatsapp

07923 426502

Email - basildonp4p@outlook.com

