



*Supporting Families
in our Community*



TIME4YOU... THE MIND BODY CONNECTION

Join us for this wonderful opportunity!
We are delighted to host Greg Smith,
a clinical hypnotherapist and holistic
therapist. Learn how self hypnosis can
be a very powerful tool in keeping your
mind and body healthy.
You'll also get to experience a guided
deep and relaxing meditation.

Wed 12th February 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

