

Spring Fling: Exercise, Health and Wellness Practice Open day, S

Nature

ReNEW

NUTRITION EXERCISE WELLNESS

Spring Fling Open Day

Saturday
20 Sept
9:00 - 14:00

15 Beaufort Avenue, c/o
Norfolk Ave,
Craighall Park

Everyone is welcome - pop in for 5min or stay the whole time!

Programme

- 9:00 Arrive anytime from 9:00 am
- 9:30 Mini experience sessions with our practitioners
- 10:30 Join Kate for a solo-latin dance
- 11:00 Lindsay [DNALYSIS]: The value of a DNA test in understanding mental health (depression, anxiety...)
- Continue to experience and ask questions
- Specials - Discounts on products and services, etc.
- Enjoy some tea, coffee and snacks with us.

www.naturerenew.co.za/Springfling