



3 Cambridge Road  
Dorchester, DT1 2LR

**Do you want energy & vitality to live life to the full? Then this day is for you!**

**You are invited to a Women's Health & Wellbeing Day**

**Saturday 21st March 2020 10.00am to 3.00pm**

**Doors open at 9.30 for Tea & Coffee Bring your own lunch**

**Free Event an offering will be taken for charity**

Packed with helpful, informative tips from a qualified Nutritional Therapist, the day offers you the opportunity to invest into your health and well being.  
What a great gift to give yourself!

**"Body and soul - I am marvellously made!"**

Psalm 139 v 14 (Msg)



**"30- 50% of cancer can be avoided by healthy lifestyle choices"**  
World Health Organisation



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 @wow.uk