

'Endings and Beginnings'



A Quiet Day led by Liz Jennings and Lesley Davis

with guided and self-directed activities to enable you to work through some endings and to look forward to some beginnings.

Monday 4th December 2023

10.00 am - 4.00 pm

The Living Well, Vicarage Lane, Nonington CT15 4JT

Please book through [Eventbrite](https://www.eventbrite.com) or the administrator on
01304 842847 / contact@the-living-well.org.uk
Suggested donation £25, includes lunch and refreshments



www.the-living-well.org.uk
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