

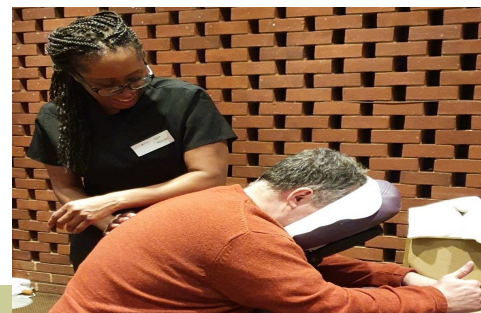
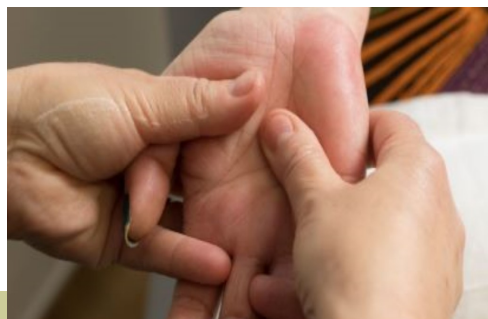
# Harvest Festival—Wellbeing Event

## Everyone Welcome

**Date: 12th October 2022**

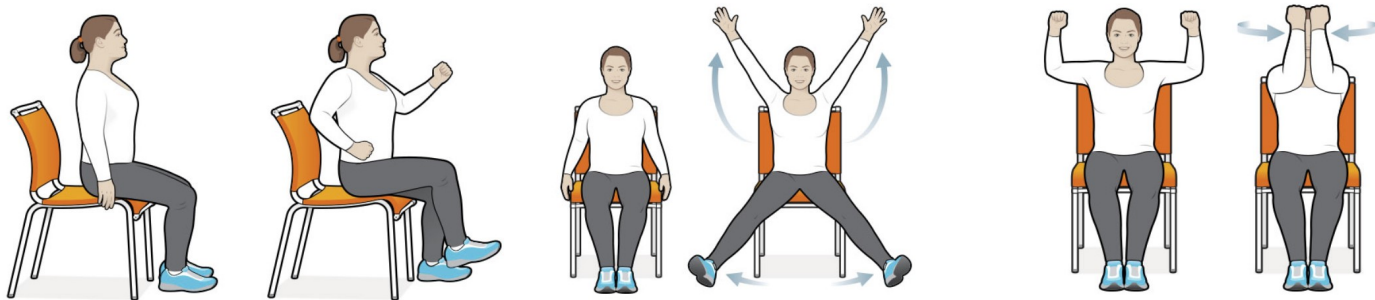
**Time: 11am—3pm**

**Upper Hall Rivercourt Methodist Church, King Street W6 9JT**



Sessions may include activities to show you

- Harvest stall
- ◆ Breath-work, Hand reflexology/Seated massage/head massage
- ◆ Make your own - Aromatherapy- Rollerball, Bath salts & Aroma-sticks
- ◆ Hammersmith Community Gardens—making Lavender bags
- ◆ The Nourish Hub give-aways, herbs
- ◆ Community/Sustainability Champions
- ◆ Find out about other activities near you



**Let us know if you are coming - This is a open event , but to help with refreshments and safe numbers contact:**

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**Samira : Iranian Association tel: 07365 656424**

**Teresa: teresa@communitymassagelondon.org.uk 07790 115491**

