



## Wandsworth Sickle Cell And Thalassaemia Support Group

Registered Charity: 1048968



### Self-awareness through movement and coaching

Movement was your first communication method. Practice how to use movement to listen to your body and hear what your body is telling you. You will be amazed at what you will discover about yourself.

During the workshop you will be guided through a series of short self-awareness exercises followed by personal and group reflection. The movement undertaken in the session will be no more strenuous than walking.

- Gain an insight into yourself
- Create your own action plan for greater well being
- Fun, invigorating and enlightening

Come along and surprise yourself, you might meet a new you!

Friday 20th March 2015, 7pm (prompt) – 9pm  
Welcome and registration - 6.30pm

The event is open to all - Please dress comfortably  
Participants will be required to complete a pre- activity questionnaire.

call / text / email to register your attendance  
020 8682 9489 / 07570 899 004  
[wsctsg@btinternet.com](mailto:wsctsg@btinternet.com)

**The Meeting Room**  
**WANDSWORTH SICKLE CELL AND THALASSAEMIA SUPPORT GROUP**  
**15 BROADWATER ROAD, TOOTING, SW17 0DS**

