A MENOPAUSE RETREAT

Flushed and Fabulous

£60

A day of fun and laughter, connection, storytelling and healing



WHEN
Dates arranged throughout the year

TIME
10am – 4pm

WHERE
Venues arranged locally throughout the UK

Light refreshments provided

YOUR FACILITATORS

Dr Charlotte Hilton
Psychologist with lived experience, skilled in mental health and wellness-enhancing strategies

Kirsty Hassall
Experienced Reiki, yoga and wellness teacher and practitioner

For more information & to book

info@hiltonhealthconsultancy.com

www.hiltonhealthconsultancy.com