



Mind, Body, Spirit Evening

'Holistic Therapies and the Mind, Body Link' with Penny Bradley

Wednesday 25th October 7.30 p.m.



HEART Centre, Bennett Road, Headingley LS6 3HN

Penny is a practising holistic therapist and will be giving a talk about how massage, reflexology and other therapies benefit people, the mind body link, stress etc. She will also have a little display of products for sale and talk about how and why chemical free, natural and organic products are the way forward.

Entrance £3.50/£3.00 members & concessions.

www.leedscombinedarts.org.uk

