

the
Kirkby
Lonsdale

WI

Established 2020 INSPIRING WOMEN



And relax....

Wednesday 5th June, 7.30pm
The Lunesdale Hall

Alessandra Toft, Clinical reflexologist



A trained clinical reflexologist, Alessandra is passionate about helping people to achieve optimal health and well being through the power of reflexology. Reflexology helps to reduce stress and anxiety, relieve pain or simply relax and rejuvenate. She will also demonstrate Indian Head Massage.

Non-members, * men and members from other WI branches are welcome to attend at the cost of £5.00

For further information: **Tel:** 07967 659714 **email:** kirkbylonsdalewi@gmail.com



Kirkby Lonsdale WI @kl__wi



kirkbylonsdale_wi **Web:** www.klwi.com

* Non-members are limited to attend a maximum of three evenings within a calendar year.