



*for Well Hot Women*

Gatherings and 1 to 1 support for those experiencing the Change.

Popping up wherever we can. Join us to create a much needed web of gatherings to share stories, laugh at the funny side, embrace the transformation, share learning about natural foods and herbal allies, wit, wise woman ways and to offer support for each other and connect with like hearted women. Find or recommend the venue and we'll be there.

For information about 1 to 1 support and where we are gathering next... go to [www.weaversofwellbeing.com](http://www.weaversofwellbeing.com) or call Julie on 07976 646392

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