

Welcome to our Wellness Lounge

Feel free to come in and use this space to relax or join in one of the FREE sessions below:

	Monday 7 October	Tuesday 8 October	Wednesday 9 October	Thursday 10 October	Friday 11 October	Saturday 12 October	Sunday 13 October
10am						Blue Bubble Aroma Supplies Essential Oils for pain management 10am - 11am Kids ailments & essential oils 11am - 12noon	Rainbow Earth Australia Himalayan Salt Basics 10am - 12noon
11am		ShelleyD Coaching Brighten Up Your Life Workshop 11am - 12noon	Wellways Well Together - What Do You Know Mental Health Month 10am - 1pm	Freedom Mobility Scooters Safety Checks 10am - 12noon	Thermomix with Deb Discover the wellness benefits of cooking from scratch. Save time, money, declutter your kitchen & improve your lifestyle. 11am-1pm		
12noon		ShelleyD Coaching Brighten Up Your Life Workshop 12noon - 1pm		Thermomix with Hayley Skin Deep Wellness. Discover how you can use your Thermomix for overall wellness. 12noon - 2pm			Blue Bubble Aroma Supplies DIY cleaning products with Essential Oils 12noon - 1pm Essential Oils for mindfulness & anxiety 1pm - 2pm
1pm		Chakra Magic 7 Basic Chakras 1pm - 2pm	Emerge Wholistic Counselling with Sharron Kriesfeld (Handley) Individual Sandplay Sessions (15 min slots)* 1pm - 3pm <small>*MUST BE BOOKED ON SITE, SUBJECT TO AVAILABILITY</small>		Emerge Wholistic Counselling with Sharron Kriesfeld (Handley) Sandplay Info Session 1pm - 1.30pm Individual Sandplay Sessions (15 min slots)* 2pm - 3pm <small>*MUST BE BOOKED ON SITE, SUBJECT TO AVAILABILITY</small>	Subway Tastings 1pm-2pm	
2pm		Rainbow Earth Australia Himalayan Salt Basics 2pm - 3pm		Naturopath & Herbalist - Phillip Chua Is Our Gut Health Important? 2pm-2.20pm How To Get A Better Nights Sleep 2.30pm-2.50pm		Thermomix with Deb Discover the wellness benefits of cooking from scratch. Save time, money, declutter your kitchen & improve your lifestyle. 2pm- 4pm	
3pm			Boost Juice Taste Testing 3pm - 4pm	Boost Juice Taste Testing 3pm - 4pm	Enchanted Rainbow Entertainment Kids Parachute Giggle Fun! 3pm - 4pm		

	Monday 14 October	Tuesday 15 October	Wednesday 16 October	Thursday 17 October	Friday 18 October	Saturday 19 October	Sunday 20 October
9am		Priceline Hayfever Q&A 9am-9.30am La Roche Sensitive Skin Info Session 9.30am-10am					
10am		Enchanted Rainbow Entertainment Kids Parachute Giggle Fun! 10am - 11am	Mrs Field's Let's Talk Tea! 10am - 11am	Enchanted Rainbow Entertainment Kids Parachute Giggle Fun! 10am-11am			
11am		Just Cuts Life's Too Short For Boring Hair! 11am - 12noon	Chakra Magic 7 Basic Chakras 11am - 12noon	Rainbow Earth Australia Himalayan Salt Basics 11am - 1pm	Chakra Magic 7 Basic Chakras 11am - 12noon	Blue Bubble Aroma Supplies Treating Kids ailments with oils 11am-12noon DIY skin care products with essential oils 12noon-1pm	"Let It Bee" in conjunction with Numurkah Community Centre Bees Wax Wrap Demo 11am-1pm
12noon		ShelleyD Coaching Brighten Up Your Life Workshop 12noon - 1pm	Muffin Break Muffin Break Goes Vegan! 12noon - 1pm		Lakeside Podiatry Foot Health Checks 12.30pm - 1.30pm		
1pm		ShelleyD Coaching Brighten Up Your Life Workshop 1pm - 2pm	Emerge Wholistic Counselling with Sharron Kriesfeld (Handley) Sandplay Info Session 1pm - 1.30pm Individual Sandplay Sessions (15 min slots)* 1pm - 3pm <small>*MUST BE BOOKED ON SITE, SUBJECT TO AVAILABILITY</small>			Emerge Wholistic Counselling with Sharron Kriesfeld (Handley) Individual Sandplay Sessions (15 min slots)* 1pm - 3pm <small>*MUST BE BOOKED ON SITE, SUBJECT TO AVAILABILITY</small>	Blue Bubble Aroma Supplies Essential Oils for pain management 1pm-2pm Boost Immunity with essential oils 2pm-3pm
2pm					Thermomix with Deb Discover the wellness benefits of cooking from scratch. Save time, money, declutter your kitchen & improve your lifestyle. 2pm - 4pm		
3pm				Naturopath & Herbalist - Phillip Chua How To Get Better Energy 3pm-3.20pm How to Beat the Stress Cycle 3.30pm-3.50pm			
4pm						Thermomix with Deb Discover the wellness benefits of cooking from scratch. Save time, money, declutter your kitchen & improve your lifestyle. 3pm-5pm	
5pm							