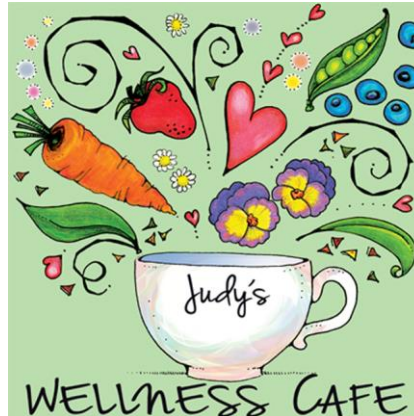


WOMEN'S WELLNESS CIRCLE



at

RambleRill Farm

The **Women's Wellness Circle** is an informal, monthly, discussion group facilitated by certified Holistic Health Coach, Judy Brown of Judy's Wellness Cafe. The purpose of the group is to provide an opportunity for women of diverse backgrounds and wellness approaches to come together to learn, share, and inspire one another on their journeys to greater health. The group meets, rain or shine, on the lovely property of **RambleRill Farm**. Any questions please contact Judy.

When: First Wednesday of every month

Where: RambleRill Farm, 913 Arthur Minnis Road, Hillsborough

Time: 10-11 am

Cost: \$5 per month (Additional charges may apply with alternative programming.)

Format: Open discussion with introductory topic

Guidelines: We respect each other's opinions, preferences, and backgrounds.

We respect the farm property and environment.

Contact: Judy@judyswellnesscafe.com or 919 618 5882

Judy Brown is a certified Holistic Health Coach. She offers individual and group coaching, classes, and workshops.

www.judyswellnesscafe.com

Disclaimer: Judy Brown and Judy's Wellness Cafe does not provide medical advice, diagnosis or treatment.

This informal group is designed for group sharing, suggestions and for educational purposes only. It is intended to inspire and motivate the participants to make their own decisions surrounding health care, dietary needs, with the advice of a health care professional when warranted. You as a participant must be responsible for the research you conduct and for consulting with your own qualified health professional or physician on matters raised with regards to your own health and well being.