

# THE LETCHWORTH CENTRE FOR HEALTHY LIVING



## *A DAY RETREAT FOR BODY AND SOUL*

with Judy Hammond



**Sunday, 3 June 10.00-16.30**

Experience exquisite relaxation and learn secrets of grounding, centering and strengthening.

**Cost:** £65 which includes a delicious healthy lunch from our wonderful Nourish Cafe.

The Letchworth Centre for Healthy Living  
Rosehill Hospital, Hitchin Road, Letchworth,  
Hertfordshire SG6 3NA

Charity Registration No. 295219  
Established 1984

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Opening hours Mondays to Fridays 09.00-20.30 Saturdays 09.00-15.30

