

# Beaumanor Hall Health and Wellbeing Fair

**Sunday 19 January  
10am – 4pm**

**Entry fee to event: Adults £3, Children under 12: free**

## Start 2020 with our Health and Wellbeing Fair

- Stalls including food, drink, skin care, beauty, gifts and lifestyle products to browse and buy
- Information on a wide range of health and wellbeing topics
- A full day of talks from wellbeing practitioners on topics including aromatherapy, crystals & green beauty
- Workshops and taster sessions including yoga, body beatz & bootcamp \*
- Mini treatments available - Indian head massage, acupuncture and reiki \*\*
- On site café offering a selection of healthy food choices
- Ample free parking on site

\* Available to pre book on Eventbrite from 6 January, spaces limited

\*\* A small charge may apply

Note: There are no lift facilities at Beaumanor Hall and some activities may be taking place on the first floor. If you have access requirements please contact us in advance.



Woodhouse, Leicestershire LE12 8TX • 01509 890119 • EventsAtBeaumanor@leics.gov.uk

[www.beaumanor.co.uk](http://www.beaumanor.co.uk) @beaumanorhall   

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