



WE WISH YOU A
HAPPY, HEALTHY
and POSITIVE
2009

It was a busy autumn for us at Lakeland Balancing Act. Our Ely Weekend in November was a great success. Here's some of the feedback:

- 'firmly believe this should be held once a year'
- 'easy relaxed atmosphere, enjoyed being with other hearing impaired people',
- 'thank you for a very relaxing time'
- 'a very enjoyable day all the therapists were excellent.'
- 'able to relax and be stress free'.
- 'Will use the oils at home' Will use the hand and head massage with my family'.
- 'liked the yoga and stretching.
- 'aromatherapy was great'
- 'liked the reflexology - would have liked another one to one therapy'



Group photo of participants at the Ely course

The November Course for mothers with autistic children was great fun!

*'Can we come back every Saturday please!
'loved it!'*

*'Will try most of the strategies in the booklet'
'Would recommend it to friends'*

Sorry if you have had trouble logging onto our NEW website. Hopefully by the time you read this, the technical problems will be solved.

Watch this space for 2009's dates. We are busy planning now. Before you get too far into the New Year think about a special day or weekend.

- ❖ Time for you to relax and have fun,
 - ❖ Time for you to recharge your batteries
 - ❖ Time for you to try something different!
- Just give us a call!

With very best wishes
From
*Jen, Caroline
and Ann*