



**Spirituality for Men:  
Call to action:**

**Mens wellness and self awareness group starting up in Charmhaven, 2<sup>nd</sup> week of October. Join us to learn Meditation, Gratitude, giving thanks and many other means of relaxation and spiritual growth and healing. I have over 25 years experience in the wellness industry and enjoy sharing my knowledge with other men for their personal growth, self awareness and wellbeing. Sessions will be held at LakeSpa Wellness Centre, 1 Callaghan cl, Charmhaven.**

**Bookings essential  
call David on 0493 513 346**