LYTCHETT MATRAVERS

“NOT JUST” WI

**WEDNESDAY 5TH OCTOBER 2016**

**7.30pm at the Village Hall.**

**We welcome Chris Gribble who is going to talk to us about Auyrveda which is one of the oldest holistic (whole body) healing systems. It is based on the belief that health and wellness depend on a delicate balance between the mind, body and spirit.**

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**Non-members very welcome for a suggested donation of £5, but why not join??**

**Raffle and refreshments available on the evening.**

**Look us up on the Website** [www.notjustwi.com](http://www.notjustwi.com) or find us on facebook by searching notjustwi.

Any queries just call Carole on 01202 623223.