



# (SUMMER)TIME TO WORK ON YOURSELF

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The healthiest people are often the ones who work the hardest on themselves. The slower summer pace is an ideal time to invest in your own emotional wellbeing, to (re)gain a healthier perspective and focus on your own wellbeing journey.

## **Summer Offer Therapy Packages**

Purchase 8 Individual Sessions and Save 15%

In our experience, clients can expect to start seeing reliable improvement in 8 therapy sessions, with committed effort both inside and outside the therapy room. Working on yourself means re-focusing your energy and time on improving your current situation to move forward.

**We are here to support you on your journey.**

### **Terms & Conditions:**

Packages are valid for use between July 1st, 2018 and October 1st, 2018. Packages can be shared amongst family members and friends. Valid for individuals of all ages.

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### CONTACT US

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