FREE EVENT

being well Festival

Accelerating your journey to better health

THURSDAY, OCTOBER 24 - RICOH ARENA
BETWEEN 11AM AND 4PM

Being Well...

be there

The Being Well Festival promises to be the wellness event of the year with a fascinating blend of inspirational speakers and health-related activities – **and you can be there for FREE!**

- **Inspirational speakers**
  including Steve Bland and MasterChef 2016 winner Jane Devonshire
- **Stunning performances**
  from young people from the Aston Academy
- **Pop Chorus**
  uplifting pop hits from Solihull community choir
- **Buddhist monks**
  performing a blessing before engaging in meditation
- **Physiyolates**
  health and lifestyle clinic which unlocks physical and mental fitness
- **Well-being massage**
  relax by having a massage from one of our experts
- **Irish dancing**
  be mesmorised by top-class dancing

MasterChef 2016 winner Jane Devonshire

Steve and Rachael Bland

BOOK YOUR PLACE NOW!

Visitors can book tickets by simply going to
www.beingwellfestival.co.uk or **click here**