



Body, Mind and Spirit with Cadie Aspray.

Tuesday 22nd September 2026 from 19:15 to 21:00.

Hosted by Cadie Aspray.

Venue :

Jackaments Barn, Rodmarton, GL7 6PL.

RSVP / Contact:

Julie Allen 07704 892029

Aileen Shaw 07807 199602

Toto Walls 07989 301120



T HAMESHEAD

L ADIES

C ONNECTION

#TLC

COME & JOIN US

ALL WELCOME

**DRINKS AND HEALTHY
SNACKS**

PONDSIDE CHAT WITH CADIE ASPRAY

*As a Neuro Linguistic
Practitioner (NLP) she
will be sharing some
insights into her practice*

*Cadie will also be telling
us about her vision and
plans for her wellness
retreat 'Dwell'.*