

UNDERSTANDING THE MIND 6 WEEK PROGRAMME



with

MICHELLE TOWNSEND

Sedgley Community
Centre
DY3 3UA

Thursday Evenings
Starting 4th September 2025
7pm til 9pm

(4th, 11th, 18th September &
2nd, 9th, 16th October)

LEARN TO USE THE POWER OF YOUR MIND ...
TRANSFORM YOUR LIFE FOR THE BETTER ...

Including ...

- HOW THE MIND PROCESSES INFORMATION
- FEARS, PHOBIAS, STRESS AND ANXIETY
- PERCEPTION, PLACEBO AND NEURO PLASTICITY
- ACCEPTANCE AND THE POWER OF NOW
- HOW THOUGHTS CREATE OUR BELIEFS

Plus more ...

ENJOY INTERACTIVE SESSIONS ...
LEARN TO TAKE CONTROL OF YOUR LIFE

Refreshments Available



AUTUMN OFFER ... £120

Payment options available

PM Michelle directly for more Info

07956 941716



@harmony3balance



www.harmonylifebalance.co.uk

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Centre
DY3 3UA

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Next Running Spring 2026

7pm til 9pm

(Date to be confirmed)

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@fromfear to freedom with michelle



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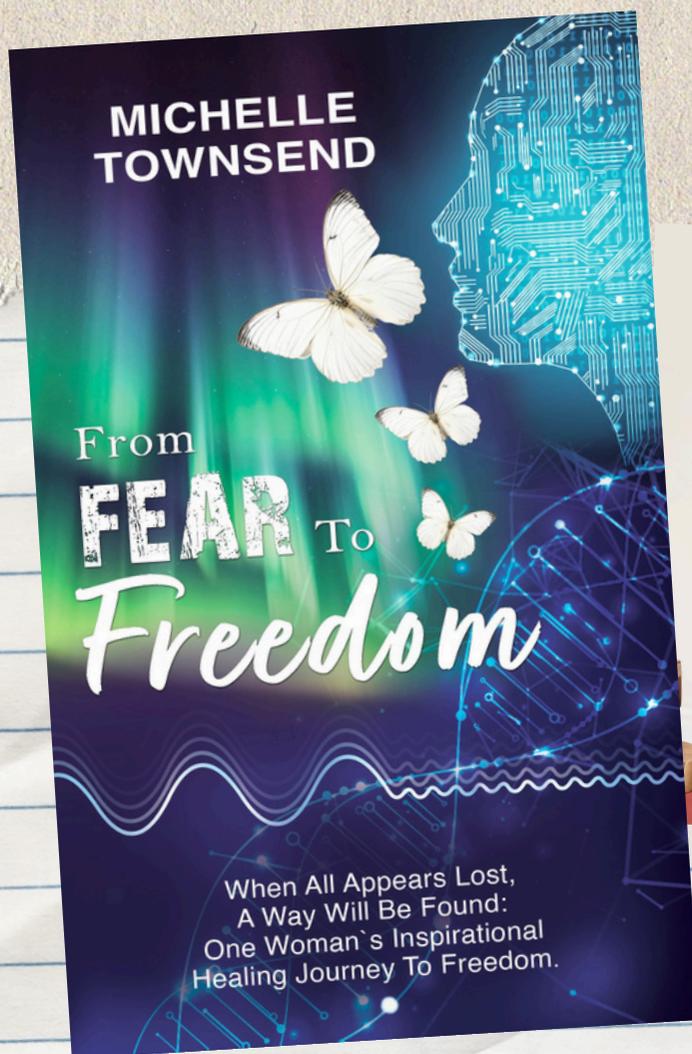
BOOK SIGNING CELEBRATION!

Join

MICHELLE TOWNSEND

Hypnotherapist, Motivational Speaker
and Author

PRESENTING HER
NEW BOOK...



The Extraordinary True Story
of One Woman's Journey from
Fear to Freedom

Laura Elizabeth Crafts
Saturday 10th May
11am till 1pm

What to Expect:

- 🖋️ Personalized book signing of Michelle's transformational memoir 'From Fear to Freedom'*
- 🗣️ Inspirational talk sharing insights from Michelle's journey
- 🎁 Free entry - all are welcome to attend and celebrate

***Transformational Memoir 'From Fear to Freedom' £11.99**



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