



You're Invited!

Free Wellbeing Festival

We're thrilled to invite you to **Aura's FREE Wellbeing Festival** – back for its second year and set to be even bigger and brighter!

 **Sunday 20th July**

 **11am – 4pm**

 **Milton Park, Alsager, ST7 2ES**

 **Family friendly & open to all**


Join us for a rejuvenating day packed with **expert-led workshops, children's sessions, food stalls, wellbeing vendors**, and plenty of good vibes.

Whether you're bringing the kids, coming with friends, or coming on your own – this event has something for everyone.

What to expect:

 Soundbaths & mindfulness for kids

 Boxing, movement & journaling for adults

 Menopause support

 Yoga, heart chakra work, diabetes reversal talks

... and much more!

While all workshops are completely **free**, donations are always appreciated and go directly toward supporting our mental health services.

So come along, unwind, and reconnect — we'd love to see you there!

A huge thank you to the expert workshop leaders, stall holders, food & drink vans, volunteers and more who are helping to make this event extra special.