

# **BEE HAPPY ROADSHOW**

**An exclusive event for NCC employees**

**WIN**  
a relaxation  
CD and  
essential oils

The roadshow will give you the chance to meet the "bees of happiness"...

**Bee Active:** speak to a fitness consultant about how and what activity can help your mood.

**Bee Healthy:** want to know how food affects mood and what you can do? Speak to the dietician.

**Bee Aware and Bee Focused:** why will taking up a new interest help your happiness? Find out, and then see what is on offer in your area.

**Bee Calm:** taster sessions of reflexology, reiki and Indian head massage.

**Bee a Friend:** Why is friendship so important for happiness?

**Bee Prepared:** Know where to go when the going gets tough? Find out who is here to help 24/7.

**WIN**  
a food  
hamper

**WIN**  
£50 towards an  
Adult Education  
Course

**Do you want to boost your happiness?**

Ring 01603 22(3338) to book an appointment with a professional who can discuss the anxieties, worries, fears and blocks that affect your happiness.

Appointments are limited, so book early to avoid disappointment.

**WIN**  
day passes to  
The Edge Health  
and  
Fitness at  
Barnham Broom

**Every day from 11.30—14.30**

<b>6th October</b>	<b>Time &amp; Tide Museum- Great Yarmouth</b>
<b>7th October</b>	<b>Cranworth Room - County Hall</b>
<b>8th October</b>	<b>Green Room—Archive Centre, County Hall</b>
<b>9th October</b>	<b>Attleborough Day Services, Station Road, NR17 2AT</b>
<b>10th October</b>	<b>St Augustine's Healthy Living Centre, Columbia Way, Kings Lynn PE30 2LB</b>