



HARMONY IN HEALTH

FREE WELLBEING WORKSHOPS FOR WOMEN FROM UKRAINE

"The work is very significant. It helps people be healthy and improves mood... I needed this so much"

Harmony in Health invite you to join them in:

- A series of multidisciplinary **Wellbeing Workshops**
- Tailored **Support Groups** with Ukrainian Clinical Psychologist Olena Tertyshnyk
- A Community **Celebration Event** with music and food!



When: April-July 2025

Where: Hammersmith Quaker Meeting House

Cost: Free

Register your place:



- Experience holistic wellbeing and joy
- Feel energised and safe to let go of anxieties
- Release tension and stress; free your breath
- Learn the principles of diet for wellbeing
- Experience a sense of belonging & connection

📷 [harmony_inhealth](#)

[lifeaheadcic](#)

🌐 www.harmonyinhealth.org

✉️ contact@harmonyinhealth.org



HARMONY IN HEALTH

WELLBEING WORKSHOPS FOR WOMEN FROM UKRAINE: SESSION CONTENT

● The Wellbeing Workshops are run by a team of wellbeing experts and will include:

- Natural embodiment techniques and movements, rhythm and breathing exercises
- Music, including singing and drumming
- Guided relaxation
- Hands on work to help people experience natural re-alignment for nervous system regulation
- Using natural foods, herbs and spices

● In the Support Groups, we will sit and talk together in a confidential and supportive atmosphere. This will help women:

- Navigate and heal from war trauma
- Learn practical tools to manage anxiety, panic, and emotional distress
- Develop strong coping strategies for stress
- Find a safe space to share and gain new perspectives
- Build resilience and motivation for a brighter future

Tea and biscuits provided!