



YOU'RE INVITED TO

Self-Care Sunday

Join Caitlin Ball, Health & Lifestyle Coach, for a morning of self-care (and to say goodbye in person!) at her final event in Zurich. Join us to discuss your current self-care routine, get inspired on how to improve it, and work on a small craft project to help you practice self-care regularly! All followed by a delicious brunch catered by Melanie Watkins.

When: Sunday, June 16th from 10:00-13:00

Where: Birdhaus Social Club,

Brandschenkestrasse 150, 8002 Zurich

Cost: 75 CHF

