

# Be Nice to Yourself !



9.30am-11.30am

Thursday 13th May 2010

Infozone, The Hereford Academy

An opportunity for you to get Pampered for FREE 2 whole hours away from the hustle and bustle of life!



Come and let us recharge your batteries for FREE!

How about a Mini-Manicure or a Colour Consultation or what about a Jewellery making? or how about a relaxing Massage? or you can just enjoy a good old-fashioned natter with tea, coffee, and cakes!

For more information contact;

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