



**THRIVE STRONG**  
**A Wellness Day For Women**

Inspiring women to develop and maintain strong bodies and minds to thrive in midlife and beyond.

**Guest speakers:**  
Melissa - Robyn Wren Sacred Sounds  
Nicky Roger The Mind Coach  
Jane Rose-Land - Nutrition Norfolk  
Frances Rayner Fitness & Wellbeing Coach

**£60** **LUNCH INCLUDED!**  
**Saturday March 29th**  
**10AM TO 5:30PM**  
**Wereham Village Hall**

To buy tickets → [www.francesraynermidlife.co.uk](http://www.francesraynermidlife.co.uk)

## What is Thrive Strong?

It is a Wellness Day for Women. An opportunity to be inspired on your journey to a stronger mind and body as we transition into and through midlife.

Ageing well is on every woman's mind no matter what their current health condition, but it can be a daunting task wading through all the information available to you and deciding what is going to benefit you the most.

Between the 4 guest speakers they are going to provide you with lots of information to help you leave with your own goals about what you need to do to get stronger.

**We will start welcoming participants from 10am for a prompt start at 10.30am. Welcome refreshments will be served.**

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**10.30am Nicky Roger The Mind Coach will take the floor with one thing on her mind – to help you understand how to build a thriving and strong mindset.**

*‘Are you ready to embrace the next chapter of your life with confidence and vitality? In this empowering talk, designed specifically for midlife women, we’ll explore how to build a resilient and thriving mindset. This session will provide you with practical tools and insights to strengthen your mental resilience, embrace change and unlock the full potential of this exciting stage. Let’s turn midlife into your best life by cultivating a mindset that empowers you to thrive!’*



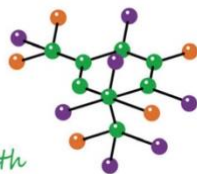
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**11.45am we will have a quick comfort break where refreshment will be on hand but will go straight into our session with Jane from Nutrition Norfolk at 12 Noon who will be demonstrating and talking you through a power boosting salad and providing lots of information on how to eat to support strength and resilience.**

*‘My session is going to coach you through the power of food and drink for the body and mind! As a Nutritionist I know ‘Food is Medicine’ and optimising the way we eat can support:*

- *How we feel mentally, especially via the ‘bugs’ in the Gut, which is often referred to as the 2<sup>nd</sup> brain!*
- *Our resilience and reduce our health risks.*
- *Our bone health and strength, whatever age we are.’*

**Nutrition  
in Norfolk**  
*Helping you to better health*



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**1.30pm we will break for lunch. A freshly prepared combination of foods that will power your health and an opportunity to try something new! During this break we will have a Q&A session about hormones led by Frances Rayner so please bring your questions.**

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**2.30pm Frances Rayner is going to lead a session on why strength training is so important for all midlife women and will be giving you the opportunity to try a simple piece of exercise that will incorporate some weights, bands and body weight. All designed for beginners and intermediate exercisers and include some Fitness Pilates and Strength and Conditioning Training.**

*‘Strength training is incredibly important for midlife women helping us to combat age related muscle loss, boost our bone health, improve our metabolism, support hormonal changes, enhance our quality of life and boost mental health. It is my passion that all women should be lifting some form of resistance so help them age well in a world where we are all living longer.’*

*All equipment will be provided. Please wear comfortable clothing so you can move and bring a mat to lay on.*

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**At 3.45pm we will settle down to join and welcome Melissa – of Robyn Wren Sacred Sounds for the final part of the day - ‘Strength through Stillness’  
Melissa is an Integral Sound Healing Practitioner and therapist, trained in the use of sound healing instruments to support people’s overall health and wellbeing.  
She understands the effects these powerful instruments have on the body, enabling her to tailor soundbaths to support people in different ways and with varying needs.**

*‘In today’s fast-paced world, finding balance is essential—especially for women.*

*Prioritising both activity and rest, is vital for our overall well-being.*

*Taking time for intentional stillness, and mindful practices is just as important as maintaining physical fitness and health. Addressing this balance helps us build true strength and resilience in both body and mind, enabling us to navigate an ever-changing world with much more ease.*

*A therapeutic soundbath offers a powerful way to achieve this balance. Not only does it create an environment for intentional stillness, you then get to experience the deep vibrations felt during the soundbath, which work over the whole body, promoting mental calm and deep rest - resulting in reduced tension and anxiety. Plus, much more!*

*Come along and find out for yourselves how stillness and therapeutic sound can really strengthen your body and mind, bringing you the clarity and focus that you need, to feel strong and thrive.*

*A beautiful way to conclude the Thrive Strong day for women.’*

Bring all that you need to be comfortable for laying on a wooden floor for the soundbath. Yoga mat or similar, 2 pillows and 2 blankets.

Please note: Soundbath is not suitable for 1st trimester pregnancy, sound induced epilepsy, severe sleep apnea, or any acute mental health conditions



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**We will close between 5.15pm and 5.30pm. An evaluation form will be made available.**

**Any questions please contact Frances Rayner via email – [francesrayner68@gmail.com](mailto:francesrayner68@gmail.com). Via WhatsApp – 07802448836 or Via social media @francesraynermidlife or website [www.francesraynermidlife.co.uk](http://www.francesraynermidlife.co.uk)**