

achieve a happy & balanced life

spectra  
life balance



Learn how to achieve a happy and balanced life by joining our unique spectra green programme



- pursuit of happiness
- define life purpose
- set personal goals
- plan for success
- manage time
- manage stress
- overcome barriers
- problem solving techniques
- make good decisions
- enjoy today, plan for tomorrow
- make the most of time
- relax & have fun

all for just **£72** for 12 weeks  
or **FREE** for Spectra members

# spectragreen

for more information, visit the website at  
[www.spectra.org.uk](http://www.spectra.org.uk) or call 01752 774200

held at | morgan's | unit 69 christian mill business park | plymouth | pl6 5ds

