

# JUDGEMENT DETOX

Sol Pineda  
INTEGRATIVE NUTRITION HEALTH COACH

SEPTEMBER 23

MENTAL HEALTH AWARENESS WEEK

FREE  
WORKSHOP

RELEASE JUDGMENT - GUILT - SHAME



Where?

FORTÉ QUEENSTOWN  
313 Hawthorne Drive, Frankton,  
Queenstown 9300

When?

Thursday 23rd September  
17.00 hs- 18.30 hs