

# Shape Wellness Workshop

The recent leg of the Shape Wellness Workshop, held at Summer Place in Hyde Park Johannesburg was a success demonstrating the need for women to take the time out of their busy schedules and invest in themselves.





Engaging and insightful speakers kept listeners entertained on relevant topics such as weight loss, finance and self insight before giving them the opportunity to enjoy the interactive stands, ultra relaxing therapies and the opportunity to interact with some of the Shape team. Smiling guests walked away feeling relaxed, refreshed and revitalised.

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