

# Discover Your Light

A WELLBEING EVENT

31 JANUARY 2020

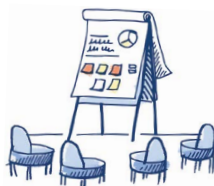
## 2020: Live on Purpose

### Event Highlights & Activities

#### WELLBEING WORKSHOPS

##### 22 interactive wellbeing workshops

across a wide array of topics and life skills for Adults (individuals, couples & parents), Teens, Tweens and Children (5 yrs+).



#### MIND & BODY

##### A range of activities for personal

**development** and experiential stands to reflect and explore. Visit our Information Corner for informal discussions with members of The LightHouse Arabia team and enjoy healthy snacks & refreshments.



#### PANEL DISCUSSIONS

##### Two interactive panel discussions

addressing adult mental health and parenting.



#### KIDS ZONE

##### A Kids Zone for ages 5+ yrs.

An enhancing experience for children with arts and crafts, games, live music and storytelling.



#### JOIN US

**DATE:** Friday, January 31<sup>st</sup>, 2020

**TIME:** 9.45am – 4pm  
(Registration opens at 9am)

#### REGISTER:

[lighthousearabia.com/events](http://lighthousearabia.com/events)

**FEE:** Dhs 105 (All-Access).

*Includes 5% VAT. (Children under 12 years and nannies attend for free)*

**WORKSHOPS:** To be announced.  
Pre-scheduling required.

*Mental Health for  
Everyone, Everywhere*

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**THE LIGHTHOUSE**  
CENTER FOR WELLBEING

[lighthousearabia.com](http://lighthousearabia.com)