



**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 Welham - The Sound Sanctuary Norfolk  
Nicky Roger The Mind Coach  
Jane Rose-Land - Nutrition Norfolk  
Frances Rayner Fitness & Wellbeing Coach

**£60** **LUNCH INCLUDED!**  
**October 11th 2025**  
**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.



Meet the team who will be looking after you and sharing their knowledge to help you Thrive Strong.

From left to right

Nicky Roger, Frances Rayner, Jane Rose-Land, Melissa Welham

**We will start welcoming participants from 9.30am for a prompt start at 10.00am.  
Welcome refreshments will be served.**

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**10.00am Frances Rayner, Fitness & Wellbeing Coach** is going to lead a 30 minute beginner Fitness Pilates class. This will be an introduction to Pilates but also an introduction to why adding resistance work (weights & bands) to the class can help you build and maintain lean muscle and age strong. The second half of this session is going to focus on movement and why it is so important to move our bodies for health, wellness and longevity. We will look at NEAT movement as well as aerobic training and strength training. NB. Non-exercise activity thermogenesis (NEAT) is the energy expended for everything we do that is not sleeping, eating or sports-like exercise

What to bring

1. **Exercise mat**
2. **Wear comfortable clothing – not necessarily sports clothes but can be comfy leggings or trousers and a t-shirt.**

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**11.00 am to 11.20 am we will have a quick comfort break where refreshment will be on hand.**

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**11.20am Jane Rose-Land from Nutrition Norfolk**

- Fats & Fibre - what and how much is ideal
- Protein - preferences and portions
- Healthy Speedy Meals - when & what to eat to 'Thrive Strong'

During this session I will discuss:  
Types of fats in your diet and why these are important - the full fat versus low fat conundrum.

Why is fibre important and what are the best sources to support the mighty microbes and our health at all stages of life.

How can we get enough protein in each meal and what are good sources depending on our dietary preferences.

How to make speedy healthy meals for yourself and the family and ideas for light bites for later in the day.

We will discuss what makes a healthy lunch and why and then put together a healthy easy recipe for your lunch, with tips for variations.

Lots of great information for inspiration for your plates to help you 'Thrive Strong'

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**12.50pm we will break for lunch.**



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**1.45 pm Nicky Roger, The Mind Coach**

“It’s time to put *you* first – without the guilt”

Do you ever feel like you’re last on your own list?  
Between family, work, and endless commitments, it’s no wonder so many women in midlife find themselves exhausted, stuck, and frustrated that the changes they *want* to make keep slipping further away.

You *know* you want to feel stronger, healthier, and more confident—but time, energy, and self-belief keep getting in the way.

This empowering workshop will help you:

- √ Break free from guilt and finally put yourself first
- √ Overcome overwhelm and find clarity about what really matters
- √ Shift your mindset so healthy changes feel possible - not impossible
- √ Build confidence to say “yes” to yourself without apology
- √ Create simple, realistic steps you can start using right away

Through interactive exercises, proven mindset strategies, and supportive discussion, you’ll leave not just inspired—but equipped with practical tools to take back control of your health, energy, and confidence.

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**2.30 pm we will take a quick comfort break**

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## 2.50 pm - Soundbath & Intention Setting with Melissa

In this final immersive session of the day, we'll begin by creating your own empowering statement. Setting intentions isn't always the easiest process, so we'll work together to shape words that reflect what you'd like to bring into your life, supporting your needs and future wishes.

You'll then carry this statement into a full soundbath, allowing the vibrations to embed your intention deeply within.

The soundbath is your opportunity to simply lay back and be bathed in deeply relaxing, rebalancing sounds from a variety of sound healing instruments—a powerful way to let go of life's noise and restore your inner balance.

Soundbaths guide your nervous system into a deeply relaxed, restorative state, lowering brainwave activity and helping your body shift from stress into healing. This natural reset supports hormone balance, digestive harmony, and overall wellbeing.

You'll leave with your empowering statement in hand, ready to revisit it whenever you wish to ground yourself in those words.

### **Please note:**

This soundbath is not suitable with anyone suffering from sound induced epilepsy, anyone in their 1st trimester of pregnancy, managing a severe mental health condition or severe sleep apnoea. If you need further advice regards a health condition, please email me at [thesoundsanctuarynorfolk@gmail.com](mailto:thesoundsanctuarynorfolk@gmail.com)

### **What to bring:**

**Please ensure you bring all that you need to be comfortable on a wooden floor for approximately an hour, the more comfy you are, the better the experience you will have.**

At least one thick yoga mat (or more), or a chair/ recliner if you prefer.

Some people bring travel mattress's or the cushioning covers off garden reclining chairs. (anything that isn't noisy when you move upon it)

**2 blankets**, one to lay on and one to cover yourself with.

**2 pillows/cushions** - 1 for your head and 1 for under your knees, this helps support your back. (important!)

Eye mask if required.

Plus a bottle of water. Wear warm comfy clothing.



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4.30 pm questions to the panel! Here is an opportunity to ask any questions that you might have of any of the 4 speakers. It is Menopause Awareness Month so we will be taking any specific menopause questions that you might have so please bring these with you.

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)