



MENTAL HEALTH AWARENESS WEEK

May 13-19, 2024

*“Mental wellbeing is an ongoing journey,
not a fixed destination.”*

Without mental health, any pursuit of wellbeing is incomplete.

Here at JOALI BEING, we encourage our guests to welcome joy, serenity
and balance into their lives each and every day.

JOALI BEING



Holistic Approach to Wellbeing: Wellbeing Conversation

In commemoration of World Mental Health Awareness Week, our wellbeing consultant will share with you the importance of mental health in this fast-paced world: learn to disconnect, boost your 'happy hormones' and live a fulfilled life.

13th May 2024

10:00 am to 11:00 am

KAASHI

Complimentary (maximum 8 guests)

For more information or reservations, please contact your Jadugar.

JOALI BEING