

September ... A Special Month

HIGHE

Learning To Slow Your Life Down, Find The Meaning of Inner Balance and Moving Your Life Forward With The

Confidence To Handle Life's Challenges





Slow Famil

Living

September to me is special, With its soft warm sunny days; The searing heat of summer's gone, This is worthy of our praise.

Just slow your pace a little, Take time to enjoy the view; So make time just for you.

We weren't meant to rush through life,

Go do what makes you happy, It doesn't need to cost a bean; For simple pleasures are the best, And they stay evergreen.





There's no rush and no packing, Or struggling with your gear; Meals are easy, within reach,

And all you need is here.



So this month take a holiday, Just go outside your door; And let September cast her spell, You have no need for more.

you slow lown your pace and look at life. oull realise that youve beer missing a lot of great things

By Eila Webster

