

# Calling all Rural Business women

Do you work on your own?

Would you like to network with likeminded business women?

Are you looking for support and collaboration?

Would you like to exercise more but don't have time?

Do you want to look after your health and wellbeing?

**Join our business network and see your health and business blossom.**

## We meet at:

**Venue:** Sourton Village Hall

Sourton, Okehampton, Devon

EX20 4HN

**Every 3rd Friday of the month**

**Time:** 12 noon until 2pm

Tea, Coffee and biscuits included

Please bring a packed lunch

## The format of the meetings

Meet in the hall

- 1-minute introduction of our businesses.
- Women can then choose who they want to connect with whilst walking.
- Once walking, every 5-10 minutes we will choose a different person to speak with.
- Refreshments will be provided after the walk and you can continue to network.

To book visit [Eventbrite](#) or email [chris@time-well-spent.co.uk](mailto:chris@time-well-spent.co.uk)

