



Improve your health: 10 Suggestions

Malvern Library

Saturday 4th September, 11 till 1pm

This is a **FREE** talk including the demonstration of some techniques, and you are invited to consider how to improve your health, naturally, and where this need not involve cost.

The talk is to be given by therapists and practitioners of the Malvern Natural Health Centre and will include some basic but important things such as

- The importance of 'me' time
- Releasing stress (and how to do it)
- We are what we eat
- Expressing ourselves – what am I really feeling?
- Listening to our bodies
- Giving ourselves permission (because if all of this is easy, natural, needn't cost and is good for us, then why are we not doing it?)

The Malvern Natural Health Centre is on Abbey Road.

We're on the web at www.malvernhealth.org.uk or phone 01684 893238 for further details about our work.

We have limited places for this talk, so to book a place please contact Malvern Library on 01905 822 722 or email

malvernl@worcestershire.gov.uk