

## Wednesday Health Talks

### *Taking Control of Your Health*

#### August to December 2010.

#### **Spring's on its way, but so are the Allergies!**

Be prepared! What triggers your sinus, sneezing, wheezing, and hayfever? Learn to manage symptoms with diet, herbs and supplements.

**Wednesday 18 August 2010, 10.00am to 11.30am.**

#### **Running on Empty?**

Boost your energy with healthy lifestyle changes, herbs and supplements. There are ways to improve your sense of well being through natural therapies.

**Wednesday 18 August 2010, 1.00pm to 2.30pm.**

#### **Arthritis – What a Pain!**

Examining the causes of arthritis and explore how natural therapies can assist you with easing your pain.

**Wednesday 13 October 2010, 10.00am to 11.30am.**

#### **I Can't Sleep a Wink!**

A good night's sleep restores our bodies. Exercise, meditation, minerals and herbs can help.

**Wednesday 13 October 2010, 1.00pm to 2.30pm.**

All FREE of cost  
BOOKINGS ESSENTIAL  
Limited child care  
available.

#### **Healing With Australian Bushflower Essences**

Familiarise yourself with essences for the body, mind and spirit. Make up your own essence to take home.

**Wednesday 10 November 2010, 10.00am to 11.30am.**

#### **Tummy Troubles?**

Suffer no more! Discover natural remedies for constipation, diarrhoea, bloating, flatulence, nausea and more.

**Wednesday 10 November 2010, 1.00pm to 2.30pm.**

#### **I've Got My Eye on You!**

Discover ways to protect your eyes from diseases such as cataracts, glaucoma and macular degeneration.

**Wednesday 8 December 2010, 10.00am to 11.30am.**

#### **Eating for Healthy Ageing**

The 'silly season' is almost upon us! Put a spring in your step by discovering energising, tasty and nutritious foods

**Wednesday 8 December 2010, 1.00pm to 2.30pm.**

To register,  
please phone Intake Service on 1800 077 760 (free local & mobile calls)