

Women's Health and Wellbeing

Come along and find out how to:

- *Regain your energy*
- *Positively affect conception*
- *Have a Positive Menopause*
- *Calm period pains*
- *Smooth PMT*
- *Feel control*

Energy follows thought.

Understand your energy, beliefs and emotions.

Gain a new perspective with empowering health

This seminar will explain how our **energy, beliefs and emotions** can affect your whole body, mind and spirit, and help you to achieve a more balanced way of being.

This is an informal seminar, with demonstrations and discussion.

Tuesday 18th May 2010

7.30pm – 9.00pm

Quakers Meeting house, High Street, Berkhamsted, Hertfordshire.

Please call **Olive** on **07970 854388** or **Penny** on **07956125783** to reserve your seats or book on-line at www.empoweringhealth.co.uk.

seminar and refreshments £10 plus VAT

Olive Hickmott – Health, Wellness and Energy coach, author of 3 best-selling books, several CDs, including the healing wellwoman CD, with a passion for helping others with chronic illness and learning difficulties.

Penny Perry – Energetic NLP Practitioner. Skilled and compassionate coach Penny specialises in helping families through the phases of pregnancy, young babies, pre-school and school children