



Living Healthily with the Seasons

Beat the Winter Blues

**A day of gentle Qi Gong exercise and nutritional advice.
We will be exploring the **water** element, enabling you to
make a smooth transition into **winter** and recharge
your batteries - in spite of the festive season!**

Sunday, November 18th, 10 am - 4 pm, £ 40
Lunch and refreshments provided.

**This is the first in a series of workshops entitled
Living Healthily with the Seasons with Jo Hale and Kirsten Ward.
Learn how to exercise and nourish yourself
in tune with the cycle of the seasons.**

**Venue: Woodlands Natural Health Centre, Queen's Court,
Woodland Road, Derby DE22 1GR , Tel. 01332 299 311
e-mail: kirsten.ward@btinternet.com**