

## Food & Wellbeing Remedies for Parents and Toddlers

Discover in our **FREE** workshops how to use food remedies safely for you and your baby's health with Roisin Reilly BSc



Friday mornings 11.30-1pm from 5th July to 9th August 2019  
White City Community Centre, India Way, London W12 7QT

*“Very relevant and totally inspired!”  
“I was surprised how much better I felt”*

- Discover how foods support our and our children's bodies
  - Make food remedies to manage your child's health
    - How to feed a child and manage their weight
    - Learn how to treat minor conditions safely
    - How to eat to boost your child's immunity

1 Self care and mind-body basics	Friday 5th July 2019
2 Colic and constipation	Friday 12th July 2019
3 Sleep for parent and child	Friday 19th July 2019
4 Coughs, colds and immunity	Friday 26th July 2019
5 Allergies, eczema and skin	Friday 2nd August 2019
6 Family first aid	Friday 9th August 2019

For more information, call Roisin on 07849 881827  
[www.livingmedicine.org](http://www.livingmedicine.org)