

Foods & herbs for health

Discover how foods support your health and treat yourself safely with **FREE** award-winning workshops led by Sophia Forrester BSc and Roisin Reilly BSc



Every Wednesday 2pm-3.30pm from 8th November 2017

Alternate weeks at White City Community Centre
& Nubian Life Ellerslie Road

- ✓ Hands-on workshops making food remedies
- ✓ How to eat to boost your immunity and health
- ✓ Manage long term conditions safely – individual advice given
- ✓ Assess your health and diet
- ✓ Learn how to treat minor ailments safely
- ✓ Share your knowledge about food as medicine
- ✓ Plant up your own food medicine window-box
- ✓ Help create a new garden at Nubian Life Ellerslie Road

“ It has been
life changing.

“ Very relevant
and totally
inspired!

“ I was surprised
how much
better I felt.

Please book in person at White City Community Centre
or call Roisin on 07849 881827

Plus Free Visit to Kew Gardens next spring!



- 1 Self care basics to boost health
- 2 Digestion discomforts
- 3 Sleep, anxiety & fatigue
- 4 Stress & depression
- 5 Heart, blood pressure & diabetes
- 6 Skin & first aid
- 7 Menopause, period & prostate problems
- 8 Bladder problems
- 9 Coughs, colds & allergies
- 10 Joint & muscle pains
- 11 Self care basics to boost health *cycle starts again*

Then weekly as above until June 2018

- 3 1st Jan at Nubian Life
- 7th Feb at WCCC
- 14th Feb at Nubian Life
- 2 1st Feb at WCCC
- 28th Feb at Nubian Life
- 7th Mar at WCCC
- 14th Mar at Nubian Life
- 2 1st Mar at WCCC
- 28th Mar at Nubian Life
- 4th Apr at WCCC
- 1 1th Apr at Nubian Life