



SEMINAR

Essential Natural Health Strategies for Mums and Babies

Presented by Ragini Annan and Sandra Collazo

New mothers have a double challenge after childbirth. To bring back their own health to its optimum after a period of depletion caused during pregnancy, and responsibility for the wellbeing of their newborn. But where have we trained for this?

Do you want to learn about a natural model for health and wellbeing? This seminar will give you a solid philosophy and impart valuable knowledge on what to do at home when things go wrong with you and your family. It will empower you to take charge of your wellbeing and build a repertoire of home cures for the most common modern day ailments.

Limited places, book early to avoid disappointment.



Ragini Annan

BSc, ND, Dip Herb, NLP Ms

Natural Medicine Consultant
& Coach

Passionate about staying well through using natural methods and the strength of the mind, Ragini has combined her experience of east and west to come up with a unique model for health. She is determined to pass this philosophy for health and wellbeing on.



Sandra Collazo

BA (Hons), ND, Dip Herb

Natural Medicine Consultant

Sandra has held a strong belief in natural approaches to health since childhood. What sets Sandra apart as a speaker is her ability to take a variety of concepts and transform it into practical information that is easy to understand and apply.

Cost: £40

Cost includes seminar manual, and refreshment.

Essential Natural Health Strategies for Mothers and Babies

Date: 13th December, 2008

Time: 18:30 – 20:30 pm (registration at 18:20)

Venue: St. Michael and Angels Parish Hall, Michael Room,
Priory Avenue, Chiswick, W4 1TX.
(nearest tube: Turnham Green)

Name: _____

Address: _____

Postcode: _____ Telephone: _____

Payment: (please tick relevant box)

Total amount for seminar: £40.00 £ _____

By credit card. Access/Visa/MasterCard/Delta (delete as appropriate)

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