



COMPLEMENTARY
HEALTH CENTRE

OPEN DAY 1ST JULY 2017 10-7PM Programme

RECEPTION 10-7pm

Registration	About CHC	Sign-Up for Tasters	Sign-Up for Promotional Offers
--------------	-----------	---------------------	--------------------------------

STUDIO

Time	STUDIO	Speaker/ Instructor
10 am	WELCOME/ INTRODUCTION to CHC	Gareth & Renee Pryce
10.15-10.40	OSTEOPATHY TALK -“What We Do & Pain Relieving Strategies”	Nikki Moss & Lyndsay Mudford
10.40- 11.00	HYPNOTHERAPY TALK - " The Benefits of Laughter"	Sippy Suresh
11.00 -11.30	ACUPUNCTURE TALK - -“Introduction to Acupuncture and its Benefits”	Oksana Kozak
11.30- 11.35	Sign-up for TASTERS /sign post to Therapy Rooms	
11.35-13.30	PILATES - 30 MIN TASTER sessions x 4	Linda Davies
13.30-14.00	POSTNATAL PILATES –TASTER session	Esther White
14.00-14.25	YOGA- - TASTER session	Sophie Harris
14.30	Pm WELCOME/ INTRODUCTION to CHC	Gareth & Renee Pryce
14.35-15.00	YOGA TALK -“What Yoga Really Means”	Sophie Harris
15.00-15.20	MEDICAL HERBALISM TALK -“How to Use Herbs”	Mala Bisson
15.20 -15.35	COUNSELLING TALK - “The Power of Just Saying It”	Holly Taylor
15.35-15.40	Sign up for TASTERS/ sign post to Therapy Rooms	
15.45 -18.00	PILATES - 40 MIN TASTER sessions x 3	Wendy McGovern



COMPLEMENTARY
HEALTH CENTRE

OPEN DAY 1ST JULY 2017 10-7PM Programme

RECEPTION 10-7pm

Registration	About CHC	Sign-Up for Tasters	Sign-Up for Promotional Offers
--------------	-----------	---------------------	--------------------------------

THERAPY ROOMS

Time	ROOM	THERAPY/ TASTER /TALK	Practitioner
10.30 -6pm	1	OSTEOPATHY Voice Work/ talks/ergonomics Spinal & posture assessments (sign-up with reception) <i>20% PROMOTIONAL OFFER</i>	Lyndsay Mudford & Nikki Moss 10.30 -4pm Erika Dannamyr 2.30-6pm
10-11.30 am	2	MASSAGE Talks/ tasters/leaflets	Kathy Newton 10-11.30
11.30 – 4pm		ACUPUNCTURE Tasters/ poster/ leaflets/ talks <i>20% PROMOTIONAL OFFER</i>	Oksana Kozak 11.30-1pm Suzie Madison 1pm – 4pm
4 – 6pm		Acupuncture Posters/ leaflets	
10 - 4pm	3	HOMEOPATHY Posters/leaflets/talks/creams and remedies <i>20% PROMOTIONAL OFFER</i>	Keith Smeaton 10-12.30 Maureen Chapple 12-4pm
6 - 7pm		MASSAGE + mini-Reflexology Tasters/talk/leaflets	Debbie Wright 6-7pm
12 - 4pm	4	MEDICAL HERBALISM -with fresh Herbal teas	Mala Bisson 1-4pm
4- 6pm		Medical Herbalism - Posters/ leaflets	
10 – 7pm	5	PODIATRY Talks/Demos/ Posters/ Leaflets Foot Health Freebies <i>15% PROMOTIONAL OFFER</i>	Lorraine Laurence 10-3pm Linda Hawkins 2.30-7pm
10 – 7pm	6	Refreshments + CHC Therapy / Class Posters eg Hypnobirthing	