

We all age, BUT can we age well?

Yeronga Natural Therapies proudly presents

AGEING WELL

A seminar dedicated to those who would like to;

- ❖ Understand how natural medicine and preventive treatments can assist you
- ❖ Listen to the practitioners describe their modality of natural medicine
- ❖ Watch the practitioners demonstrate their treatments and join in (optional)
- ❖ Learn some basic techniques to keep you fit and healthy as you age
- ❖ Ask questions of the professionals and talk to other like-minded people
- ❖ Tell your friends how they too can benefit from preventative treatment

With Guest Speakers

Amie Steel

Naturopathy
Nutrition

Mary Kelsey

Physiotherapy
The Feldenkrais Method

Sandra Venables

Homœopathy

Jenny Palmer

Craniosacral Therapy

Nina Seto

Acupuncture
Chinese Herbs

Geeta Harmon

Zen Thai Shiatsu
Therapeutic Massage

The seminar will discuss ways of ageing gracefully using preventative treatments and natural medicines. Therapies that you may already know (and perhaps have even tried) will be examined from a different angle, and shed some light on those you may have never considered.

During the afternoon, you will be given the opportunity, regardless of your age or gender, to learn how to tune into your body's changing needs as you age and become aware of the signs that you are perhaps not ageing as well as you would like! You will be shown how, by incorporating a few *minor* lifestyle changes now, you could prevent *major* pain and illness in your future.

The speakers will discuss the most common weaknesses that affect the body as we edge towards and past mid life (40+) and on to our 'golden years'. They will also help you understand how to be aware of those weaknesses now, so that you can strengthen them and

Where: Yeronga Services Club (RSL), 'Main Function Room'

Corner of Kadumba St and Fairfield Rd, Yeronga

When: Saturday 15 September

Price: \$15 EARLY BIRDS (before Wed 5 Sept)

\$25 AT THE DOOR

Price includes afternoon tea and information packs

Time: 2pm – 5.45pm

Registration from 1.15pm

Questions & Answers until 5.45pm

As Numbers Are Strictly Limited

Avoid Disappointment And Reserve Your Seat Today!

Call Yeronga Natural Therapies on 3848 4992

Location: 'The Village Shopping Centre' ~ Lower Ground Level (down stairs by Clancy James). Open 6 days.

For further info on how to book, telephone the above number during clinic hours

