



Discovering Herbal Medicine

"Mind, Mood, Mentation....Herbs for the Brain"

15th Seminar: Sunday, 17th June 2012

At "Early Day Centre", 1 Kenton Road, Earley, Reading, Berkshire, RG6 7LE

PROGRAMME

- 9.30 am **REGISTRATION** (Hot and cold drinks)
- 10.00 am **Alan Lakin:**
Introduction to the day.
- 10.10 am **Ann Walker:**
Nutrition to increase memory and reduce anxiety.
- 11.00 am **Coffee**
- 11.20 am **Stuart McLean:**
Anxiety, depression and mood swings..
- 12.10 am **Ann Walker:**
Avoiding Alzheimer's disease.
- 1.00 pm **Lunch**
- 1.45 pm **Freda Miller and Ann Walker:**
Herb Walk.
- 3.30 pm **Ann Walker:**
Take-home tips and messages.
- 4.20 pm **Tea**

Fee (includes three coffee/tea breaks and lunch): **£60.00.**

Please send cheque, made payable to New Vitality Tuition, to:

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East Sussex, BN26 6LQ. Tel: 01323 484353 (Weekdays 10-1 2-5).

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