

Homeopathy Workshops

Absolutely Free!

- ◆ Homeopathy works for autism, infections, anxiety, allergies, insomnia, coughs and colds, depression, irritable bowel and much, much more.
- ◆ It safely treats adults and children, and even your pets and plants!
- ◆ Learn how to use it yourself, and when to see a practitioner. We will teach you how!



Fran Sheffield, homeopathic educator and practitioner, is presenting a series of two-hour workshops during May.

In a relaxed and friendly environment you will learn what homeopathy is, how it works, what it can treat and how you can use it for friends and family. Book into just one workshop or all three. Receive a free folder of information and try homeopathy with complementary take-home remedies – all at no cost!

Workshops will be held at *Health Plus!* in the Tuggerah Business Park. Select from an afternoon session on Wednesday (12:30) or a morning session on Friday (10:00). Friends are welcome! Numbers are limited so book early to secure your place.

**Reserve your place by phoning
02 4304 0822, or book online at
www.healthplus-tuggerah.com**



Fran Sheffield has qualifications in nursing, midwifery, education and homeopathy. Fran has been on the faculty of NatureCare College, Australasian College of Natural Therapies, and Health Schools Australia. She has lectured at the Sydney College of Homoeopathic Medicine and for the Australian Homoeopathic Association. She is keen to see greater community access to the health benefits of Homeopathy and currently lives and practices on the beautiful Central Coast.

Workshop 1

Foundational & First Aid
(4th or 6th May)

- Who, What, Why, When & How
- Bruises • Sprains and strains
- Fractures • Nose bleeds
- Fainting, collapse and shock
- Bites and stings • Burns
- Motion sickness • & more

Workshop 2

Friends and Family
(11th or 13th May)

- Colds, flu, cough and croup
- Ear infections • Allergies
- Boils and abscesses • Hangovers
- Nausea, vomiting and diarrhoea
- Menstrual and menopausal symptoms • Insomnia • & more

Workshop 3

Emotional Issues
(18th or 20th May)

- Grief • Anxiety and panic
- Shock and fright • Depression
- Emotional turmoil • Workaholism
- Irritability and anger
- Shyness and lack of confidence
- Fear of flying • & more

Frequently Asked Questions

1. Are the Workshops really free?

Yes! You pay absolutely nothing. For those who want to take homeopathy further we have books and remedies available for purchase but the main purpose of each workshop is to increase awareness about homeopathy. We also want you to feel completely comfortable about not spending a cent when you come to our workshops.

2. Why would somebody offer something like this?

We would like to see homeopathy used more widely and believe that education is the best form of advertising.

3. What times do the Workshops run?

You can choose from two different times each week.

Wednesday: 12:30am-2:30pm,

Friday: 10:00am-12:00

4. Can I book into one Workshop or do I have to do the three?

You can do one or all. We strongly suggest that you attend Workshop 1, though, as it contains information that will help you understand the material in the following two workshops. Many who do only one workshop choose to pick up the missing ones when the workshops next run.

5. I am a practitioner of another therapy. Can I do the Workshops and will they be helpful to me?

Of course you can! Therapists from many different

modalities have attended the Workshops and have enjoyed them enormously. See *Point 6* for what you will learn.

6. What will I learn and what will I be able to do at the end of the Workshops?

First, you will learn what homeopathy is, how it works, and what it can be used for. Second, you will learn how, with a little practice, you can use homeopathy to treat simple traumas and acute conditions for yourself and family. Third, you will learn when professional treatment by a homeopath is better than self-treatment, and what professional treatment entails.

7. I am nervous in new groups. Will I be expected to talk in front of other people?

Sit back and relax or join in – it's up to you. The workshops have been specifically designed so all can take part at a level they feel comfortable. Nothing is expected of you.

8. Can my children come?

Babes in arms are fine. Children over 12 are fine (and usually find it interesting). In-betweens are best left with a carer.

9. Will there be other workshops in the future?

Yes! Other workshops are often held at Health Plus Tuggerah. If you would like more information about them, just ask to be placed on our e-newsletter mailing list.