

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 October.

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 a morning or afternoon sessions on Fridays, or a morning session on Saturdays. Friends are welcome! Numbers are limited so book early to secure your place. Map available.

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
(1st – 2nd October)

- 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
(8th – 9th October)

- 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
(15th – 16th October)

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