

Homeopathy Workshops

Absolutely Free!

- ◆ Are you concerned about the side-effects of many medicines?
- ◆ Looking for safe, gentle and effective alternatives?
- ◆ You *can* improve the health of yourself and loved ones with homeopathy.



Fran Sheffield, homeopathic educator and practitioner, will present a series of 2½ hour workshops during the month of November.

In a relaxed and friendly environment you will watch a documentary, listen to a slide presentation and have your questions answered. Learn what homeopathy is, what it will treat, and what it can do for you. 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 *Greenacres*, Glenning Valley (near Berkeley Vale). Select from morning or afternoon sessions on either Fridays or Saturdays. Friends are welcome. Group numbers are limited so do book early to secure your place. Map available.

Reserve your workshops by phoning 4388-9262



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 Homeopathic Medicine and for the Australian Homeopathic Association. Fran headed the steering committee that led to the introduction of the postgraduate module of Homeopathy into the University of Technology, Sydney. 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 (3th — 4th Nov)

- 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 (10th — 11th Nov)

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

Workshop 3

Emotional Issues (17th — 18th Nov)

- 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 for purchase but the main purpose of each Workshop is to educate and increase awareness. We want you to feel comfortable about not spending a cent on leaving.

2. *Why would somebody offer something like this?*

We would like to see Homeopathy used more widely and believe it is better to educate than advertise. Hundreds of people have been able to attend a Workshop over the last two years to learn about the health benefits of Homeopathy.

3. *What times do the Workshops run?*

You can choose from 3 different times each week.

Friday: 9.30am-12MD, or, 1.00pm-3.30pm, or,

Saturday: 9.30am-12MD.

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

You can do either. Workshop 1 does contain introductory information that helps you to understand the following two Workshops, though. Many who do only one Workshop choose to pick up the missing ones when the series 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! Other therapists have done 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 for what it can be used. Second, you will learn how to use homeopathic remedies to treat simple traumas and acute conditions for self and family. Third, you will learn when you should see a Homeopath rather than self-treat 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 OK. Children over 12 are OK (and usually find it interesting). In-betweens are best left with a carer.