

Thank you for your payment of £65 for Introduction to Self Care with Food & Herbs I Basics. We look forward to seeing you here, as below:

Time: 6.30-9.30pm (please arrive by 6.20pm for 6.30pm start)

Session I Basics Thursday 23rd November 2017

Session 2 Digestive Discomforts Thursday 18th January 2018

Session 3 Sleep, Anxiety & Fatigue Thursday 8th February 2018

Session 4 Skin & First Aid Thursday 8th March 2018

Session 5 Coughs, Colds & Allergies Thursday 5th April 2018

Venue: 68 Hurlingham Road, Fulham, London SW6 3RQ (Tutor Alex Laird's garden home/clinic)

Nearest tube: Putney Bridge (District Line)

Turn right out of Putney Bridge tube, go up the walkway to the New Kings Road at the top, and turn immediately right under the tube bridge by Majestic Wine into Hurlingham Road. Number 68 is about 500 yards along on the left hand side, opposite the Park.

Buses: number 22 Munster Road, Fulham stop

For more information, contact tutor Alex Laird:

alex.laird@livingmedicine.org 020 7736 8975

For more information about Living Medicine courses, go to:

<http://www.livingmedicine.org/projects>

To receive information about future Living Medicine courses and walks, add your name to the Living Medicine mailing list:

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