

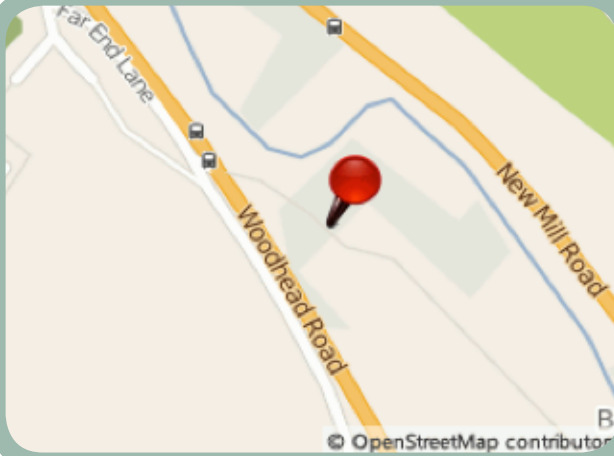
We are pleased to announce that the HCHC Team has been joining forces to bring you series of affordable, themed workshops at local venues. All of our events aim to be informative, interactive, and fun, with lots of ideas and materials that you can take away and use in your daily life.

Forthcoming workshop:

Managing Stress Holistically

When	10am – 3pm, Sunday 21 September, 2014
Where	Hope Bank Works, Woodhead Road, Honley (for map and photos please see overleaf)
What	Learn new techniques that will help you in times of stress. Find out what foods and herbs aid your recovery during stressful times. Explore different ways to build your resilience during times of stress.
Cost	£25 per person (please bring along some food if you want to join in our 'pot luck lunch')
How to book	On-line at: huddersfieldcomplementaryhealthclinic.wordpress.com Ring us on: 01484 841200 Email us at: hchc_07@yahoo.co.uk

Map



Entrance



Building

