

# Calendar of Events January to February 2012

Events for those interested in their health and well being

## Glasgow, Crosshill Local Support Group

### What's on, where and when and for whom?

Below are the events for the start of 2012 for the Glasgow, Crosshill local support group of the FHT. The events and any workshops are open to everyone; FHT members, members of other therapy associations and the general public. Many of the talks lead onto full day or weekend workshops for those wishing to take certain subjects a little further. The entrance fee for each of the talks is still just a very reasonable £3.00 for FHT members and £4.00 for non-members. The meetings start at 7:30pm (feel free to arrive from 7:15pm) and they finish by 9:30pm.

Hi Everyone!

We now have dates for the hall.

Dates are all Thursday's as follows:-

**Date:** 19 January 2012  
**Venue:** The Holy Church, Community Hall, 104 Albert Road,  
Crosshill, Glasgow, G42 8DR  
**Topic:** New Year – new you  
**Speaker:** Jon Critoph from FHT

Some of you might well remember Jon Critoph who visited us from FHT a couple of years ago and we are hoping for a good turnout on the 19<sup>th</sup> January. The subject, New Year – new you draws on a lot of Jon's experience and combines elements from a number of the other talks he offers & of course is particularly applicable to groups at the start of the New Year. Like all his talks this is inspiring & gets you to look at things in a different way allowing you to start the New Year in a new way. Many have described this as the best tonic they have had following the climax of Christmas & the New Year celebrations when you enter the dull cold & dark months before spring brings in the change we all eagerly await. It may be just the thing you need to get yourself out of the house & the warmth & along to your local support group to mix with other like minded people, & feel supported in all you do.

Margaret & I hope you all had an enjoyable Christmas & New Year and we are looking forward to seeing you on the dates above. Please either print this out or put all dates in your diary.

Love & Light - Iris & Margaret

**Date:** 02 February 2012  
**Venue:** The Holy Church, Community Hall, 104 Albert Road,  
Crosshill, Glasgow, G42 8DR  
**Topic:** Reiki Share

**Date:** 16 February 2012  
**Venue:** The Holy Church, Community Hall, 104 Albert Road,  
Crosshill, Glasgow, G42 8DR  
**Topic:** Our cancelled Christmas Party – Not to be missed

**Please Note:**

If you have just picked up this leaflet from a clinic or retail outlet you may be wondering what all this is about. The Glasgow, Crosshill local support group is for practitioners, students and people who just have an interest in the complementary health, sports, fitness and beauty. You do not have to be a member of the FHT to attend, however to find out more about our association visit our web site at [www.fht.org.uk](http://www.fht.org.uk) or call 0844 875 2022. These meetings are open to the general public too.

Should you have friends who might be interested please bring them along. For more information or to ask any questions please telephone **Iris** on 0141 562 4311 or email: [iriskerr77@ntlworld.com](mailto:iriskerr77@ntlworld.com) No need for you to book unless otherwise stated, just turn up and enjoy the event. Drinks and biscuits are available.

**All the meetings are open to everyone**

**Doors open 7:15pm**