

# Calendar of Events 2012

Events for those interested in their health and well-being

## Luton and Bedford Local Support Group

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

Below are the events for the next half-year for the local support group of the FHT. The events and talks 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 now **(£5)** for FHT members and **(£6)** for non-members.

Date: **29/2/12**

Venue: **Luton Irish Forum, Kathleen Connolly House,  
102 Hitchin Road, Luton LU2 0ES**

Time: **7pm to 9pm**

Topic: **Crystals and Use of crystals as a therapy.** Speaker is **Neville Harwood**. He will be giving you an overview of crystals and a demonstration of a crystal energy balance.

Date: **7/3/12**

Venue: **Luton Irish Forum, Kathleen Connolly House,  
102 Hitchin Road, Luton LU2 0ES**

Time: **7pm to 9pm**

Topic: **Dealing with anxiety, stress and depression using herbs.**  
Speaker is **David Hammond**.

Date: **4/4/12**

Venue: **Luton Irish Forum, Kathleen Connolly House,  
102 Hitchin Road, Luton LU2 0ES**



**Time: 7pm to 9pm**

**Topic: Herbal detox– Helping the body deal with and recover from alcohol, drugs and chemotherapy. Speaker is David Hammond.**

**Date: 25/4/12**

**Venue: Luton Irish Forum, Kathleen Connolly House,  
102 Hitchin Road, Luton LU2 0ES**

**Time: 7pm to 9pm**

**Topic: Holographic Breathing. Speaker is Martin Jones. He is the founder of this revolutionary new breathing system and will be demonstrating his techniques. Its principles are easy to learn and can help promote healing and wellbeing.**

Date: **27/6/12**

Venue: **Luton Irish Forum, Kathleen Connolly House,  
102 Hitchin Road, Luton LU2 0ES**

Topic: **Natural remedies – Herbs for health and wellbeing.** Speaker is **David Hammond**. He will be explaining how herbs can help with your health and wellbeing and give a demonstration of herbal making.

Date: **26/9/12**

Venue: **Luton Irish Forum, Kathleen Connolly House,  
102 Hitchin Road, Luton LU2 0ES**

Topic: **Bowen Therapy.** Speaker is **Wendy Daniels**. The Bowen Technique is an effective soft tissue therapy that can help with old and current conditions. She will be explaining the techniques and the many benefits this gentle and powerful method can help those who come to her for treatment.

Date: **28/11/12**

Venue: **Luton Irish Forum, Kathleen Connolly House,  
102 Hitchin Road, Luton LU2 0ES**

Topic: **Past Life Therapy.** Speaker is **Brenda Harwood**. She will be explaining how past lives can affect our present life. In particular recurring fears and phobias or conditions we may have brought into this life from another. Afterwards she will be giving a short demonstration.

### **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 (Luton FHT Support Group) local support group is for practitioners, students or people who just have an interest in complementary health, fitness or 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.

Should you have friends who might be interested please bring them along? For more information, phone **Valma James** on **07932 899459, 01582 967738 or 967736**. No need to book unless otherwise stated, just turn up and enjoy.