



Calendar of Events Autumn/Spring 2011-2012

Events for those interested in their health and well being

North Manchester Local Support Group

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

Below are the events for the first few months for the new North Manchester 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 £7 for non-members.

Date: Thursday 17 November 2011 7.30pm – 9.30pm
Venue: Longfield Suite, 3 Longfield Centre, Prestwich, Manchester, M25 1AY
Topic: Meeting and Greeting at a new Group and an inspirational talk by Jon Critoph the Education Officer for the FHT

Life's unseen signposts

So often life is trying to talk to each one of us in its own way and we fail to notice let alone pay attention, missing opportunities and signposts that will save us a lot of pain and heartache. Jon has spent much time investigating this whole area and tonight has put together a wide range of signposts that he hopes will guide you a little more smoothly through your life both in the areas of business and personal relationships. The evening promises to be an inspiring one and certainly with an introduction into many new areas that will help you in life. Some who have been to the talk have said....." *On a cold dark November's evening where most had rushed to make the 7 pm start, either just finishing clients or our 'day jobs' I suspect, as in my case, upon the journey there, one may be tempted to drive home, crank up the central heating and move in to vegetation state, nursing colds and being tempted by cravings for superfluous carbohydrates and CHOCOLATE!!! However, I'm pleased to announce that I didn't succumb to these temptations and attended the meeting. I was not disappointed. Jon's talk 'Life's unseen signposts' covered his personal experiences. All conveyed with maximum enthusiasm and I'm not going to spoil it for anyone who hasn't yet attended one of Jon's talks. I would*

like to encourage any LSG to book Jon, if you haven't already, and to say if you are due to attend one of his talks, I'm sure you will enjoy the evening." Gina

Date: Thursday 8 December 2011 7.30pm – 9.30pm
Venue: Longfield Suite, 3 Longfield Centre, Prestwich,
Manchester, M25 1AY
Topic: Protecting Your Career

A practical evening workshop where we will be trying to find ways to protect ourselves from the physical damage of Repetitive Stress Injury to our bodies. We will share experiences in small groups and everyone present, while we discover ways to reduce strain and injury to hands, finger and our whole being. We will split into small groups working with people from our own and other modalities to best improve our working lives while still providing the expert therapy care our clients expect of us. David's 30 years of massage experience has proven that anyone can overcome the ravages of a physically demanding career.

You will have a chance to observe, practice and even be pampered a little whilst learning.

We will need massage couches, chairs or floor mats, so if you have a portable couch or chair, please bring it with you.

Date: Thursday 12 January 2012 7.30pm – 9.30pm
Venue: Longfield Suite, 3 Longfield Centre, Prestwich,
Manchester, M25 1AY
Topic: To be decided at our first meeting

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 North Manchester 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 or call 0844 875 2022.

Should you have friends who might be interested please bring them along. For more information telephone **David Hudson** on **07754 553320**. No need to book unless otherwise stated, just turn up and enjoy.

**All the meetings are open to everyone
Doors open 7:15 pm**