

# Calendar of Events 2012

Events for those interested in their health and well being

## *Ryedale Local Support Group*

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

Below are the events for the year for the Ryedale 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 fees £5 for FHT members and £6 for non-members and £3 for students. (Please note the small increase in fees.)

This year the Ryedale LSG is going to be moving around the area for some of the meetings which we hope will make meetings more accessible to more members. If you would like a meeting in your area and can suggest a venue please let Bridget know.

**Date:** Tues 6<sup>th</sup> March

**Venue:** Memorial Hall, Potter Hill, Pickering YO18 8AA 7.30

**Topic:** Share and Care. A chance to meet members old and new and share your skills. Tonight we are asking therapists to come along and offer sample taster sessions to others. It's also a great opportunity to share ideas about business building and marketing.

**Date:** Tues 1<sup>st</sup> May

**Venue:** Arcade Health and Beauty, Millgate, Thirsk YO7 1AA

**Topic:** Rosemary Walmsley is going to talk tonight, on her complementary use of acupuncture and physic at this our first meeting in Thirsk. Thanks to Sara for providing the venue.

**Date:** Thursday 5<sup>th</sup> July \* nb different day\*

**Venue:** Memorial Hall, Potter Hill, Pickering YO18 8AA

**Topic:** Learning to cultivate the inner smile with Terry Dolye. Terry is a founder member of Jason Chan's Light Foundation and has been teaching Tai Chi for over 18years and tonight is our chance to work with Terry on our inner smiles!!! Practical nights please wear loose clothing...



**Date:** Tues 4<sup>th</sup> Sept

**Venue:** Kirkbymoorside Natural Health Centre, Tinley Garth, Kirkbymoorside YO62 6AR Tel 01751 430335

**Topic:** Julie Watson will talk and demonstrate the Metamorphic Technique, a simple tool that enables us to move from feelings of limitation towards accessing more of our potential. The evening also provides a great opportunity to visit a well established health centre.

**Date:** Tues 6<sup>th</sup> Nov

**Venue:** Memorial Hall Potter Hill, Pickering YO18 8AA

**Topic:** Relax, relax, relax as tonight we are joined by Ruth Smith as we explore and try out various routes to relaxation. A great way to end the year.

**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 Ryedale 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 telephone Bridget Robinson-Clark on 01751 476804 or alternatively email [bridget91g@aol.com](mailto:bridget91g@aol.com) No need to book unless other wise stated, just turn up and enjoy.