

# Calendar of Events January – May 2012

Events for those interested in their health and well being

## Worcestershire Local Support Group

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

Below are the events for the first half-year of 2012 for the Worcestershire 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 a very reasonable £4 for FHT members and £5 for non-members. The meetings start at 7:30 (feel free to arrive from 7:00pm) and they finish by 9:30pm. **Venue: St. John Ambulance Centre, Barnsley Hall Drive, Birmingham Road, Bromsgrove B61 0EX.**

**Date: Tuesday 24<sup>th</sup> January 2012 7:00pm**

**Speaker: David Stevens (founder) and Sarah Ling**

**Topic: CKT Chirokinetic Therapy**

If CKT is new to you then take a peep at the website [www.chirokinetictherapy.com](http://www.chirokinetictherapy.com) Chirokinetic Therapy is amazing in the results it is achieving and because it lets the body guide you to the cause and not just ease the symptoms, clients see improvements often quite quickly! And sometimes instantly! CKT treats the cause and not the symptoms. It shows success in a variety of complaints and is particularly good for allergies! Check out CKT on [www.naturallyimperfect.com](http://www.naturallyimperfect.com) where Janey Lee Grace endorses CKT!

Come along to the meeting and hear David Stevens the founder of CKT talk and watch a demo and see if you would like to learn more about it and possibly learn how to do it! People travel miles to find a CKT therapist.

**Date: Tuesday 6<sup>th</sup> March 2012 7.00pm**

**Speaker: Andria Falk**

**Topic: Transformational Breath**

Andria Falk is a Transformational Breath® Trainer and Facilitator. She trained with Judith Kravitz in the UK, Holland and the United States, following a career in social work and child and adolescent mental health. She is a partner in 'Birmingham *Breathes*' and Development Officer of the Transformational Breath Foundation UK. [www.birminghambreathes.co.uk](http://www.birminghambreathes.co.uk); [www.transformationalbreath.co.uk](http://www.transformationalbreath.co.uk)

Andria will introduce you to Transformational Breath®, a technique that clears restricted breathing patterns using conscious breathing, sound and 'body mapping' (similar to acupuncture). She will be talking about how it can benefit you physically, emotionally and spiritually and will demonstrate how it works. You will have the opportunity to experience a short taster session during the evening.

**Date: Tuesday 10<sup>th</sup> April 2012 7:00pm**

**Speaker: -**

**Topic: (Presently in discussion)**

**Date: Tuesday 22<sup>nd</sup> May 7.00pm**

**Speaker: Megan Smith**

**Topic: Integrating Medicines**

How many of your clients are taking medicines? I would guess more than half, so come along and find out what are medicines all about? Why do medicines have two names? What relevance do medicines have to holistic practice? Why must the medicines be taken into consideration? This session is led by Megan Smith, a practising Clinical Pharmacist, META medicine Health Coach and Trainer, EFT and Matrix Reimprinting Practitioner and Founder of UK Medicines Advisory Service. Find out about what questions to ask about medicines, how to support your clients taking medicines and how a small amount of knowledge can enhance the service to your clients.

Email [megan@ukmas.co.uk](mailto:megan@ukmas.co.uk) Website [www.ukmas.co.uk](http://www.ukmas.co.uk).

**Dates for the remainder of 2012: 3<sup>rd</sup> July, 4<sup>th</sup> Sept, 30<sup>th</sup> Oct, and 4<sup>th</sup> Dec.**

**Recent feature:** We are re-introducing a "For Sale/Swap" table in the room at the LSG meeting for members to bring along any items they no longer need and offer them for sale/swap (or free to a good home!). Please mark each item with your name and the price you would like for the item. If someone wants it, they pay you the money (or haggle) and will be the proud owner of the goods. This will earn you some money from the sale as well as helping someone else.

**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 Worcestershire 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.

If you have friends who might be interested please bring them along? For more information please telephone **Pauline Hulston** on **01527 454769**, or **07799533268**. Or **Sue Cardus** on **01527 527377** or **07706543990**. No need to book unless otherwise stated, just turn up and enjoy.

**All the meetings are open to everyone**  
**Doors open 7:00pm**