

Call Cheryl Ryan from Karma Place  
to learn to meditate. It's easier  
than you think.

#### ELANORA

**Mondays**

12 September  
10 October  
14 November  
10am – 11am

#### ROBINA

**Mondays**

26 September  
24 October  
28 November  
10am – noon

#### NIS

Discover some of the causes of ADD,  
ASD, ADHD and more, and find out  
what can be done about them.

#### ELANORA

**Tuesday**

11 October  
10.30am – 12noon



## Healthtalks With Didier Fouquet

Gain insight into your health concerns from a Certified NIS  
(Neurological Integration System) practitioner, and discover how this  
comprehensive health care maintenance system can help you.

### Stress

Discover what stress does to  
your body and natural ways to  
deal with it.

#### BROADBEACH

**Wednesday**

28 September  
10am –  
11.30am

#### ROBINA

**Thursday**

27 October  
10am –  
11.30am

### Allergies

Learn what creates allergies and  
how to efficiently deal with them.

#### ELANORA

**Tuesday**

4 October  
10.30am –  
12noon

#### ROBINA

**Thursday**

13 October  
10am –  
11.30am

## Imuline system importance of the gut

#### SOUTHPORT

**Tuesday**

8 November  
1.30pm – 3pm



### Pain

Do you suffer from pain that  
does not go away? Find out why  
you may be in pain and how  
to manage it and deal with it  
naturally.

#### ROBINA

**Thursday**

8 September  
10am –  
11.30am

