

FREEDOM FROM STRESS

Using simple natural procedures, such as the right light, timing, diet, oils, spices, mental and emotional training, yoga and meditation

PUBLIC TALKS BY DR CHARLOTTE BECH



In May, Dr Charlotte Bech, a medical doctor, surgeon and expert on natural medicine from Copenhagen, will be speaking in Colchester on “**Freedom from Stress**”.

Dr Bech is the author of seven books on health, two of which have been best sellers in Denmark, on the topics of healthy diet, fertility, hormones, women’s health and children’s health. She has a weekly column in the largest national ladies’ magazine in Denmark and is frequently on Danish radio and TV.

THERE ARE 3 OPPORTUNITIES TO HEAR DR BECH SPEAK:

- **Sunday 6th May at 2.30 p.m.**

Firstsite Art Gallery, High St Colchester, CO1 1JH.

- **Wednesday 9th May at 7.30 p.m.**

Firstsite Art Gallery, High St Colchester, CO1 1JH.

- **Thursday 10th May 2.00 p.m.**

Room 1N1.4.1 Essex University, Wivenhoe Park, CO4 3SQ

ENTRANCE IS FREE

To reserve a place please go to: <http://uk.tm.org/web/essex>
or phone Barry on 01394 420455