



Short films will be shown throughout,
and healthy snacks will be available.

**Donations please to our charity
Robin Hood Health Foundation.**

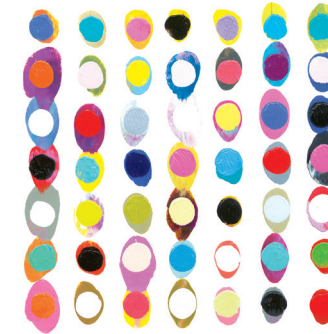
**Go to [www.brightonhealthandwellbeingcentre.co.uk/
robinhoodhealthfoundation/donate](http://www.brightonhealthandwellbeingcentre.co.uk/robinhoodhealthfoundation/donate)**

Talks & events will be taking place in the main downstairs waiting room, so to reach the Therapy rooms & Security room, please enter by the side entrance on Old Market Street, go up the stairs and to the reception area on the 1st floor, for directions.

Please book talks/events through Eventbrite BHCW Wellbeing Festival. Book tasters online at www.brightonhealthandwellbeingcentre.co.uk or call **01273 712181**.

Waiting room events/talks will be being filmed and streamed - please watch on our Facebook page:
The Brighton Health and Wellbeing

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BHCW

WELLBEING FESTIVAL

2019

Winter is upon us - a time to slow down,
reflect, be mindful, recharge and restore:
*a perfect time to embrace our health and wellbeing,
and build foundations for a healthy,
fulfilling year ahead*

PROGRAMME SCHEDULE

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A weekend of events, classes, short films,
healthy snacks and inspiration to boost your health and wellbeing.

SATURDAY 19th JANUARY

Time	Venue	Activity
10-11am	Waiting room	Yoga with Anika Grimm
	Therapy rooms	Mindfulness group with Lawrence Horwill, nutrition with Jess English
11.10-12.20am	Waiting room	Pilates with Zahava Goldfoot
	Therapy rooms	Taster session: Massage with Lizzy West, osteopathy spine checks with James Adatia, nutrition with Jess English, mind body with Dr Carlie Grindey
12.30-1.30pm	Waiting room	Sing for Better Health with Udita & Teener Star
	Security	Talk: Anxiety and overwhelm in food with Jules Frances
	Therapy rooms	Taster sessions: Yoga therapy to help with stress and anxiety with Anika Grimm, massage with Lizzy West, EMDR with Gabriel Best
2-3pm	Waiting room	Pain <i>An integrated talk:</i> Dr Francis Richards, GP and Liz Lanphier-Evans, acupuncturist and chinese herbal medicine practitioner
	Security	Homeopathy First Aid with Dr Jessica Robinson, psychiatrist and homeopath
2.30pm	Therapy rooms	Taster sessions: Alexander technique talk with Laurie Cannon
3.15-4.15pm	Waiting room	Insomnia <i>An integrated care talk:</i> Dr Sally Doust GP, Anika Grimm, yoga therapist, and Shilpa Patel, pharmacist
	Security	Heartmath
	Therapy rooms	Alexander technique <i>Taster sessions:</i> with Laurie Cannon / Mind Body therapy talk with Tarun Pamneja
4.30-5.30pm	Waiting room	Meet and mingle with our therapists <i>Come and chat!</i> We'd love to meet you. Find out more about our therapies: alexander technique, acupuncture, osteopathy, craniosacral therapy, homeopathy, psychotherapy, yoga therapy, wellbeing coaching and how they could help you improve your vitality & wellbeing.
6-7.30pm	Waiting room	Political forum: local speakers to be confirmed
8pm	Close	

SUNDAY 20th JANUARY

Time	Venue	Activity
11.00-12.00am	Waiting room	Creative Expressive drama workshop with Gurpreet Singh
	Security	Anxiety <i>Integrated talk:</i> with Jacqui Liddle, advanced nurse practitioner, Suzanne Vidal, cognitive hypnotherapist, and Lawrence Horwill, craniosacral therapist
12.30 -1.30pm	Waiting room	Community Hub - what is available to support our health in our community? A gathering of people from free and charitable social prescribing services in Brighton & Hove
	Security	Hands on Healing
	Therapy rooms	Taster sessions: Mind Body talk with Tarun Pamneja, massage & reflexology with Anne Pether
2-3pm	Waiting room	Placebo <i>An integrated talk:</i> Laura Marshall-Andrews and Shilpa Patel
	Security	Food for Health (including diabetes) <i>An integrated talk:</i> Anna Betz, Dr Francis Richards, Jess English
	Therapy rooms	Taster sessions: Craniosacral therapy with Lawrence Horwill, massage and reflexology with Anne Pether
3.15-4.15pm	Waiting room	Fatigue <i>An integrated talk:</i> Tarun Pamneja psychotherapist, Dr Carlie Grindey, GP and mind body therapy
	Security	Play with paint: Suzie Poyntz
	Therapy rooms	Craniosacral therapy <i>Taster sessions:</i> with Lawrence Horwill, mindfulness with Anne Pether
4.30pm	Waiting room	Meet and mingle with our therapists <i>Come and chat!</i> We'd love to meet you. Find out more about our therapies: acupuncture, craniosacral therapy, drama therapy, homeopathy, psychotherapy, mind body therapy, reflexology, aromatherapy and how they could help you boost your vitality and wellbeing.
6pm	Close	

Our integrated talks will all include NHS and complementary therapists, combining our approaches for full health.