

# HEALTH EMPOWERMENT DAY

10-4:30pm on Saturday 9th November 2024



Health involves our physical (our body), emotional (our feelings), mental (our thinking) and spiritual (our sense of self) aspects of our individuality.

What has empowered you to work with yourself with regards to your own personal well being? How do you take responsibility for your health? Are you struggling with your health?

We will be offering a space for sharing experiences, asking questions and help to find some answers.

## Talks and Workshops include:

- Living with Chronic Pain
- Liver Health
- Footbath Treatment
- How to Make your own Health Compress
- 'Love your Skin' Facial Ritual
- Compress Treatment
- A group led "Inner and Outer" Experience with the Hereford Oasis Team
- Patient Rights within the NHS
- Ideas for Self Help and Health Empowerment

All talks and workshops are free of charge.

Lunch and refreshments will be available to purchase on site.

Any donations paid on the day would be welcomed by PAFAM

Register early as spaces are limited.

Contact: Cathie Green Tel: 07974 390197 Email: [cathiegreen@outlook.com](mailto:cathiegreen@outlook.com)

Full programme is available on the PAFAM website under "Events" at: [www.pafam.org.uk](http://www.pafam.org.uk)



Elysia Therapy Centre

52 Bowling Green Rd,  
Stourbridge  
DY8 3RZ