

Vitality Group Workshops: Please note that bookings are essential for these workshops — please phone Vitality on **9682 8866** to book.

# **FREE INTRODUCTORY TALK ON CHILDREN'S HEALTH MONDAY 25<sup>TH</sup> AUGUST 7.30-8.15PM**

**“If we are to have real happiness in this world we need to begin with the children”.**  
Gandhi

Kay Watts is a Homeopath and lectures at the Southern School of Natural Medicine. Her goal is to empower parents to understand how they can maximize their children's health on a Mental, Emotional as well as Physical level. It will be an information packed talk which will give you all the tools you will need to understand how you can maximize your children's health and wellbeing at every stage of their lives by using Natural Medicine and Homeopathy. This is a lecture that no parent should miss.

**Understand how to use natural remedies when children are sick at home with coughs, colds, ear infections**

**Know how you can deal with more serious issues like sleeping, poor eating, bed wetting, nightmares, constipation, skin problems, asthma, etc**

**Behavioral issues, ADD, ADHD, Autism**

**Get to understand about treating your child on a Constitutional level with Homeopathy and the wonderful benefits you will see in their behaviour and any physical problems they may have.**

**Know how to help your child stand in their full potential at every stage of their lives .**

