

# Health & Wellbeing Fair

| Topic   | Speaker   | Time                   |
|---|---|------------------------|
| Introduction                                    | Clare Lawrence  | 10.00—10.05<br>5 mins  |
| Guided meditation to start the day Just Breathe | Sian Gordon<br><a href="http://www.justbreathebeauty.co.uk">www.justbreathebeauty.co.uk</a>   | 10.05—10.30<br>30 mins |
| Massage   | Rebecca Day<br>Ayuroma<br><a href="http://www.ayuroma.co.uk">www.ayuroma.co.uk</a>  | 10.45—11.15<br>30 mins |
| Sleep and how to improve it                     | Allison Prebble<br>Centre of Wellbeing<br><a href="http://www.centreforwellbeing.co.uk">www.centreforwellbeing.co.uk</a>  | 11.25—11.55<br>30 mins |
| Running   | Marc Heptinstall<br>Chris Notley<br><a href="http://www.malvernbuzzards.uk">www.malvernbuzzards.uk</a>  | 12.00—12.15<br>15 mins |
| Yoga  | Kat Biggs<br><a href="http://www.greatmalvernyoga.co.uk">www.greatmalvernyoga.co.uk</a>   | 12.25—12.45<br>20 mins |
| Vegan Cooking<br>Eat More Veg!                  | Lizzy Hughes<br>Our Lizzy<br><a href="http://www.ourlizzy.com">www.ourlizzy.com</a>   | 1.00—1.30<br>30 mins   |
| Nutrition                                       | Angel Walker<br><a href="http://awnt.co.uk">awnt.co.uk</a>  | 1.40—1.55<br>15 mins   |
| Counselling<br>Bereavement Counselling          | Cathy Clarke<br><a href="http://www.lifesymmetry.co.uk">www.lifesymmetry.co.uk</a><br>Dimitrios Charizanis<br>Cruse bereavement charity<br><a href="http://www.cruse.org.uk">www.cruse.org.uk</a> | 2.05—2.35<br>30 mins   |
| Sound Therapy                                   | Angie Latham<br>Sacred sound<br><a href="http://www.sacredearthsoundtherapy.com">www.sacredearthsoundtherapy.com</a>  | 2.35—3.05<br>30 mins   |

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| Managing Stress                   | Allison Prebble<br>Centre of Wellbeing<br><a href="http://www.centreforwellbeing.co.uk">www.centreforwellbeing.co.uk</a>                                    | 3.05 – 4.05<br>1 hr  |
| “The Foundations of Self Healing” | William Gee<br><a href="http://Thehealersnexus.com">Thehealersnexus.com</a><br><a href="mailto:williamgeehealer@gmail.com">williamgeehealer@gmail.com</a>   | 4.15—4.45<br>30 mins |
| Youth Wellbeing                   | Malvern Cube youth groups<br>Alec Gray  | 4.55—5.10<br>15 min  |
| Childrens Yoga                    | Annie Beatty<br><a href="http://www.anniebeatty.com/yoga">www.anniebeatty.com/yoga</a>  | 5.20—5.40<br>20 mins |
| Homeopathy as a tool for change   | Kelda White<br><a href="http://www.keldawhite.co.uk">www.keldawhite.co.uk</a>   | 5.50—6.05<br>15 mins |
| Trafford House Calm Centre        | Paula and Craig Trafford<br><a href="http://www.TraffordHouse.net">www.TraffordHouse.net</a><br>(and <a href="http://BeCalmerCBD.com">BeCalmerCBD.com</a> ) | 6.15—6.45<br>30 mins |