

Health & Well-Being Event



BRIGHTON



‘HORMONES – GETTING YOUR LIFE BACK’

MASTER MARINER PUB

Inner Lagoon, Brighton Marina, East Sussex BN2 5WD

www.the-master-mariner.co.uk

Thursday, 26th November, 2009

Doors Open 7pm – Starts 7.30pm – Ends 8.30 to 9pm

Special guest speaker: **Kathryn Colas** **Simply Hormones**



Having spent fifteen years as Director of a very successful country house hotel in Surrey, Kathryn took a sabbatical to study/research hormonal health in women and particularly menopause and she never looked back.

She had experienced first hand the lack of information generally available and this led to her developing www.simplyhormones.com, an information and support website for menopausal women.

Kathryn is passionate about helping women avoid the pitfalls of what can be a destructive time in their lives. “Getting your life back” is how Kathryn describes it. Her lively presentations are seen by mixed audiences in the corporate and medical fields as well as the general public.

Kathryn has been married for 34 years and lives with her husband in Sussex. They have three children. **Take Courage. Take Action. Take Control.**

Lin Bridgeford **Osteopath, Kinesiologist, Yoga Teacher** *DO KFRP ICAK (UK) MSCC MSc*



‘Hormones in Practice Pre-conception throughout Life’

Lin has a lifetime interest in health, nutrition & exercise. She studied Dance from a young age, then Yoga, Massage, Kinesiology & Nutrition, later qualifying as an Osteopath in 1986 & gaining a Masters degree in 2006. Further studies include Cranial and Visceral (organ) Manipulation, Kinesiology (balancing structural, chemical and mental functions within the body), Osteopathic Sports, Paediatrics, Obstetrics & Gynaecology in addition to Sound, Colour, Light, & Spiritual Psychotherapeutics.

She practises at her own clinic in Brighton & at Horam Natural Therapy Centre. Lin has taught Ashtanga Vinyasa Yoga for 11 years and is passionate about **Educating & Empowering YOU to Protect YOUR Future and**

Achieve Optimal Health and Wellbeing. www.osseo-info.co.uk

David Sparshatt **National Marketing Director**

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