

Get the Winter 'Feel Good' Factor!

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Teresa's  
**Autumn**  
*Newsletter*

<< Test First Name >>, are you interested in experiencing the “feel good” factor all year long?

Most people have a favourite season but I don't think winter would be the top of anyone's list – especially after the one we experienced last year!

Sonia Longridge, founder of N. Ireland's Natural Health Fair has come up with a brilliant idea. To help us cope and actually thrive through all that winter has to throw at us she is bringing together six very experienced complimentary therapists who together will share their expertise on how to stay in peak condition throughout the season.

The day which is held in Belfast (see below for venue details) is called:

**Get The Winter “Feel Good” Factor**

The programme is as follows:



**Jane Mc Clenaghan**, one of N. Ireland's most popular nutritional therapists will be explaining how we can boost our immune systems, conquer the dreaded winter blues and combat the lack of sunlight. If you haven't heard Jane speak before you are in for a treat. Her presentation will be packed with brilliant, down to earth ideas to help you make sure you are packing in all the vital ingredients for winter wellness.

**Ivan Bell** who has been a practising Osteopath for over 25 years will be demonstrating how to manage any pain which sometimes gets worse in winter and also more importantly, how to lessen our chances of pain occurring in the first place.

**Roisin Armstrong** is a widely respected health columnist, kinesiologist and acupuncturist. Her weekly column in The Irish News has been informing the public with trusted and thoroughly researched advice on all areas of health for many years. At the event she will be discussing how kinesiology and acupuncture can boost the immune system, help a person choose foods especially suited to their own unique needs and actually increase the body's temperature.

**Vivian Hutcheson**, who is a well known and highly experienced herbalist will be giving a fascinating talk on how nature's own store-house can help us in a whole variety of ways to rebalance, energise and restore optimal well-being. Unlike pharmaceutical drugs, herbs work on the person as a whole and not just the condition.

The above mentioned therapists will all concentrate on our physical wellbeing, but of course we all know that our thinking patterns and emotions play a huge part in maintaining and sustaining overall health. **Ingrid Darragh** who is a Master Reiki Teacher, Life Coach and also an inspirational speaker will focus on helping us all bring much needed balance into our lives.

And finally, in the line-up there's **myself!**



After having had a very life changing and challenging month of August when I was diagnosed with breast cancer, I will be sharing how all the practices which I have been faithfully following over the last thirty years not only sustained me but brought me to a place within myself of the deepest peace and safety. An experience which could have been so terrifying became instead a gateway to a deeper realisation of the inner resources which we all share and which are accessible to everyone.

I do hope I'll see a lot of you at this wonderful day. It is rare indeed to have so many experts all presenting at a single event. In addition there will be six exhibition stands promoting natural health products, allergy testing and jewellery. You'll meet old friends and perhaps make some new ones and I can assure you you'll come away with lots of great ideas to really get the "feel good" factor this winter!

***Sonia has very kindly agreed that subscribers to my newsletter can have a £2 discount.***

To book your place simply post a cheque, made payable to Sonia Longridge for £35 (full cost £37) to:  
29 Castlevue Cottage Gardens  
Belfast BT5 7FP

*Places are limited however, so make sure you don't miss out!*

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*And lastly, I'd like to thank all my dear friends (you know who you are!)  
who have showered me with such kindness over the last six weeks.  
I am the luckiest person in the world to have you all in my life!*

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# Get the Winter 'Feel Good' Factor: great natural therapies for winter wellness and vitality!

We invite you to this very unique, informative and enjoyable event where you will get some great insights into how to feel energetic and healthy over the winter.

**When:** Saturday, 15th October 2011

**Time:** 10.00am - 4.00pm

**Where:** Belmont Tower, Belmont Road, Belfast

**Cost:** £37pp

- Vital Nutrition's ten secret ingredients for feeling fantastic: Jane McClenaghan, Nutritional Therapist, Vital Nutrition Ltd
- Relax your body, de-stress your mind - the keys to winter well-being: Teresa McBride, Stress Management Consultant, Clinical Hypnotherapist and Life Coach
- Winter Aches and Pains - top tips to help: Ivan Bell, Osteopath, Osteopathy for Pain Relief
- Improve your immune system: warm up winter with acupuncture: Roisin Armstrong, Acupuncturist, Kinesiologist and Natural Health Writer
- Herbs for winter health and vitality: Vivien Hutchinson, Herbalist, Kinesiologist and acupuncturist
- Living in balance for winter well-being: Ingrid Darragh, Life Coach and Master Reiki Teacher, Equilibrium - ni.com

#### Please note:

Lunch is not provided. Please bring a light lunch or lunch can be purchased from Belmont Tower or a nearby café. There will be a small number of retailers selling natural health and beauty products - great ideas for Christmas presents!

#### To book a place:

Please send a cheque for £37 made payable to Sonia Longridge and post to 29 Castlerview Cottage Gardens, Belfast, BT5 7FP tel 028 9048 9161 or email: [sonia@positivelifechanges.co.uk](mailto:sonia@positivelifechanges.co.uk) Your place will be confirmed when payment is received

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