

CALLING ALL 16 TO 25 YEAR OLDS
HOW ARE YOU FEELING?
LOW, STRESSED, TIRED.....?

WANT TO DO SOMETHING
ABOUT IT...?

Natural Calm
is a free service for anyone aged 16
-- 25. It's FREE, easy to access &
confidential.

NATURAL CALM

A FREE SERVICE FOR ANYONE 16 TO 25 INTERESTED IN
EXPLORING WHAT NATURAL MEDICINE CAN DO FOR YOU!

DROP IN WEDNESDAYS 5 - 9PM

TO FIND OUT MORE PLEASE TALK TO LINDA PAYNE @ THE FOYER, SHE WILL TELL YOU ALL
ABOUT US AND MAKE AN APPOINTMENT FOR YOU TO SEE MAEVE, HOMEOPATH AND NATURAL
HEALTH MENTOR. OR, DROP BY ON WEDNESDAYS BETWEEN 5 & 9PM
@FOYER FOR THE ISLAND 91 GEORGE STREET, RHYD.