



PACT Social Group

Guest Talk - Aromatherapy uses for Parents and Carers - Nicky Winter

Nicky Winter, a qualified Aromatherapist at The Tonbridge Clinic will be sharing with us aromatherapy uses for carer support in the home and safety with oils. Nicky is also qualified in relaxation massage and a practitioner in reflexology, Indian Head massage and hypnotherapy. Nicky will also discuss the importance of self-care and other relaxation techniques - time permitting.

www.thetonbridgeclinic.co.uk

PACT talks are free, however, PLEASE BOOK TO CONFIRM AS SPACES ARE LIMITED.

When: Wednesday 22nd March

10.00 a.m. for 10.15 a.m. Start to 11.30 a.m. Tea/coffee and refreshments available from the coffee lounge from 10.00 a.m.

Where: Upper Lounge, St Peter and Paul's Tonbridge Parish Church, Church Lane, TN9 1HD, (Please do not park in the church car park) Parking available in Castle Street car park

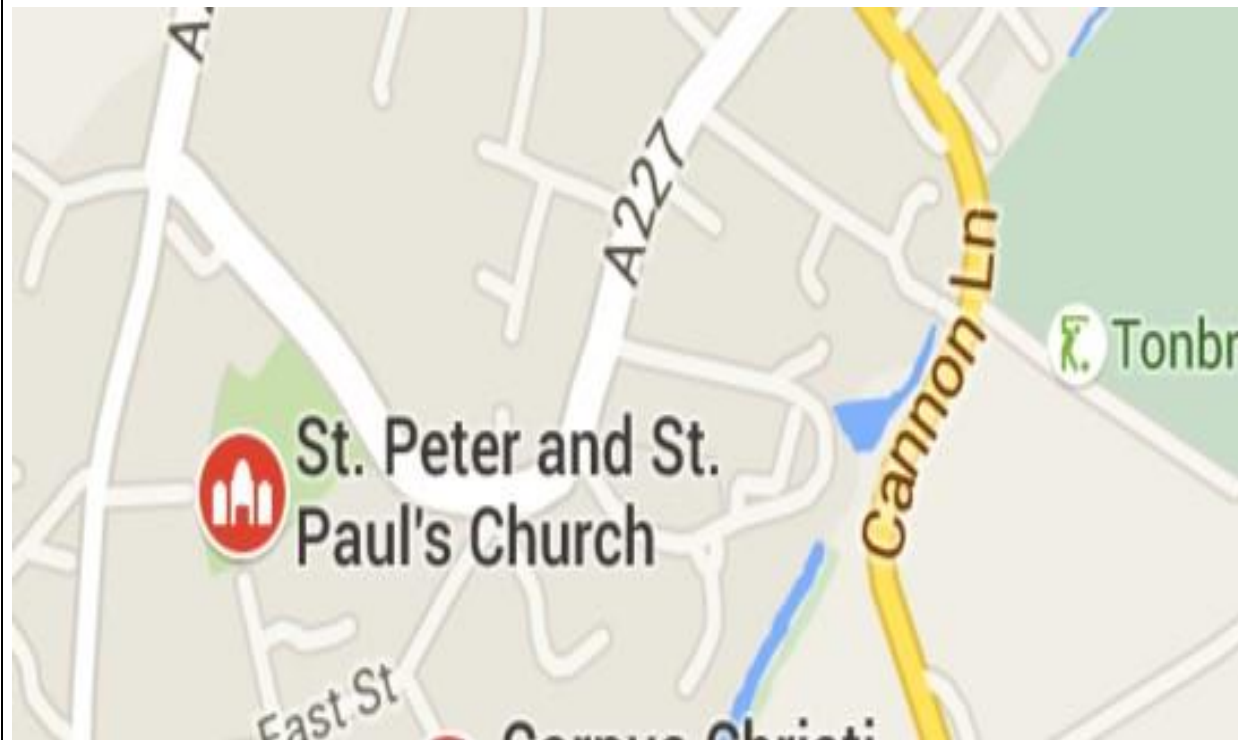
RSVP: With the reply slip below to: - Helen.mestre@btinternet.com (Social Secretary PACT), secretary@pact-cagegreen.co.uk To Confirm Your place


AROMATHERAPY TALK REPLY SLIP

NAME:

CONTACT NUMBER/EMAIL:

I WOULD LIKE A PLACE ON THE AROMATHERAPY GUEST TALK ON WEDNESDAY 22nd MARCH FROM 10.15 A.M. TO 11.30 A.M.



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