

# GRANTHAM MUSEUM

# WELLNESS FAIR

**Organised by Roger Smith**

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**Saturday 12<sup>th</sup> January 2019**

**1.00pm – 4.00pm**

- **Nutrition, Food & Mood**
- **Overcoming Addictions**
- **Yoga, Better Sleep**
- **Reversing Diabetes**
- **Improving Memory**
- **Healing Through Fasting**
- **Detox, Looking Good**

**.....and much more!**

**Free to come along and find out what it is all about**