

GRANTHAM MUSEUM

WELLNESS FAIR

Organised by Roger Smith

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Saturday 12th 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 / Hot drinks £1