



# Healthier Choices for a Happier You

with **Claire Amos** RGN, DC BWY

## Healthy Lifestyle Talks

*Lifestyle plays a huge part in your overall wellbeing and daily choices affect both your mind, and your body. Change rarely happens overnight and takes some dedication. If this interests you Claire is giving weekly talks about our choices in life regarding our health.*

“I started work in health care as a registered nurse with an interest in holistic health. For the last 20 years I have worked as a Chiropractor and Yoga teacher. In these talks I want to share my passion for a wellness/prevention model of health.”

Claire Amos

## FREE TALKS:

**17 January 2019**

**24 January 2019**

**31 January 2019**

**7 February 2019**

**14 February 2019**

**6pm - 7pm**

**Crowborough Community Centre**

Pine Grove, Crowborough TN6 1FE

[www.claireamos.co.uk](http://www.claireamos.co.uk)