



**The World Foundation for Natural Science**  
*The New World Franciscan Scientific Endeavour of The New World Church*  
*Restoring and Healing the World through Responsibility and*  
*Commitment in accord with Natural and Divine Law!*

# How to get Healthy



**Your Health is in  
Your Own Hands**

**Saturday, September 28<sup>th</sup>, 2019, 10:00 am to 4:00 pm**  
**Richmond and Hillcroft College, Richmond, TW9 2RE, UK**

[www.NaturalScience.org](http://www.NaturalScience.org)

### **CONTENT OF THE LECTURE:**

People's health is continually under the microscope. Are you as healthy as you would like to be? What does it take to get healthy?

Are you finding it a veritable minefield in finding the best solutions to your health? Why are there so many diets and so many so-called healthy options and alternatives available? Do they all work? Do you choose what works with a little bit of this and a little bit of that, mixing and matching? Is it best to just get on with life and don't worry about what you eat and how you live? What really works for you? Does the same diet always work for you?

What does it really mean to be healthy? Do you listen to your body? Do you know how to? Can your body "talk" to you? How is this possible and what does it mean?

Come and find out how you can become best friend with your body! Learn to listen to what you really need. We will give you the solutions no one else can.

### **DATE / TIME:**

Saturday, September 28<sup>th</sup>, 2019, 10:00 am to 4:00 pm

### **SPEAKER:**

Dr Karl Cox, PhD, University of Brighton

### **VENUE:**

Richmond and Hillcroft Adult and Community College, Parkshot, Richmond, TW9 2RE, UK

### **PRICE:**

£ 20.– for Members  
£ 30.– for Non-Members

### **REGISTRATION AND FURTHER INFORMATION:**

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