

The logo for 'The Holistic Healing Show' is set against a textured, light brown background. The words 'The Holistic Healing' are written in a large, white, cursive font, while the word 'Show' is in a smaller, white, sans-serif font below it.

# The Holistic Healing Show

## **Join us on our series of health days – FOR MEN!**

**We have a series of health events lined up – these are for fathers, sons, uncles, granddads, brothers, nephews, partners and their families.**

**Our guest speakers have lots of advice on healthy living, healthy eating, food and nutrition, how to keep fit and healthy, plus much more.**

### **MEN'S DAYS OPEN DAY**

The day will have many great free therapies, the relaxing head massage, which can help to remove stress leaving you feeling invigorated. There will be many great health stalls and well being related stalls.

Facilitated by Buzzing Bee - **Saturday, 3 September, 12pm to 3pm**

### **OTHER EVENTS:**

#### **Men's Health Wealth and tips - live radio link discussion**

Facilitated by MGA Brown - **Monday, 5 September, 6pm to 8pm**

#### **Let's get working, employment, starting your own business**

Facilitated by Buzzing Bee - **Tuesday, 6 September, 6pm – 8pm**

#### **Food and nutrition of a sports physique**

Facilitated by Buzzing Bee - **Wednesday, 7 September, 6pm to 8pm**

#### **Herbalist Advice the Sporting Man**

Facilitated by Buzzing Bee - **Thursday 8<sup>th</sup> Sep, 6.30pm – 8.30pm**

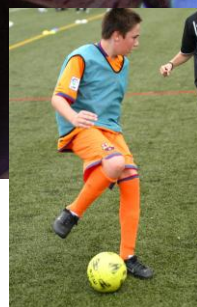
**Venue: Commerce Road Community Centre,  
1-2 Commerce Road N22 8EE**

Holistic Healing  
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# Football Tournament

(for ages 8 to 14) **Breaking Barriers**



**Where:** Commerce Road, outdoor pitch

**When:** Saturday, 3 September

For further info and to register your football team, contact Anthony Savery, Sports Development Officer on 020 7501 2383 or 07768 153 273 or email [anthony.savery@mht.co.uk](mailto:anthony.savery@mht.co.uk)

Or join us at: [www.facebook.com/anthony.saverymht](http://www.facebook.com/anthony.saverymht)



Homes for Haringey

