

Stay healthy and well this Winter!



Herbal medicine and diet workshop

THURSDAY 19TH DECEMBER

1 P.M. - 3 P.M.

PRIORY COURT COMMUNITY CENTRE, E17 5NB

Rasheeqa Ahmad, community herbalist, will be talking about the health benefits of commonly available herbs and making "fire cider" - a winter immune tonic made with kitchen ingredients and herbs from the garden.



Nick Bender, personal trainer and health coach from Walk and Talk for your Life, will be talking about how to stay healthy in the modern world – looking at nourishment and nutrition from accessible low cost angles.