



## ALTERNATIVES to LONG-TERM MEDICATION for ANXIETY & DEPRESSION

A FREE COURSE!

Explore Possibilities & Receive Support

5 x Monday Evenings Course: Nov. 4th to Dec. 2nd 2019 7pm-9pm

Swavesey Village College, Cambridgeshire, CB24 4RS

Holistic, Supported-Self-Healing & Lifestyle-Enhancement Course

Mike J. Meredith [www.sunflower-health.com/healing.htm](http://www.sunflower-health.com/healing.htm) has been helping people on this path for past 16 years!

**Coming off medication can be hazardous! – discuss with Your GP before taking any final steps!**

### Course Overview

Week 1: Tools for Self-Stabilisation & Self-Empowerment

Week 2: Uplift Vitality, Self-confidence, Creativity, Vision & Sense of Belonging

Week 3: Engage & Integrate Gut-Feelings, Heart, Mind & Spirit

Week 4: Transform Patterns of Failure, Blame or Woundedness

Week 5: Upgrade Self-image, Faith in Life, Faith in People!

### Key Questions on the Road to Recovery!

**Who are You?** - Recover Your authentic self!

**What are You?** - Re-connect to Your core values, qualities and personal magic!

**Where are You Going?** - Re-connect to the path of your heart and soul!

### Course Approach & Requirements

You will be required to sign a confidentiality agreement to allow everyone safe participation in class sharings & discussions. Please bring a lying mat, notebook, pen + open mind.

The course is fully Holistic [Mind, Body, Emotions, Spirit] – not just a 'talking shop'! The emphasis is on self-transformative experiential exercises rather than information or ideas. There will be gentle and supported co-creative and interactive group activities. It is supportive of natural self-healing and personal development. Each class is accompanied by a follow-up email giving access to supplementary online resources.

- To Enrol -

Web [www.swaveseyvc.co.uk](http://www.swaveseyvc.co.uk), Phone: 01954 234488, Email: [community@swaveseyvc.co.uk](mailto:community@swaveseyvc.co.uk)

#### Equalities statement

"The County Council operates an Equality of Opportunity Policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at the support you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust."

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