



# LOTUS CENTRE

## Homeopathy day courses

Learn how you can help your self with these empowering courses

How to use Homeopathy at home

Treat Flu symptoms early!

Treating menopause symptoms

Handling P M T

Arthritis

Aches and pains, pulled ligaments and muscles

Self assertion

Depression

With your homeopath's guidance manage Asthma and Eczema

Let Denise Clark RSHom know what course you'd like to attend and whether a weekend or weekday is best for you.

Denise is always open to any of your suggestions for other ideas for courses. Each course cost £65

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Denise also practices in Windsor Princess Margaret Hospital and N.H.S. Baker St.