

## Remedies for Sleep, Anxiety & Common Health Problems

Problems with sleep, digestion and anxiety? Help yourself with foods, herbs and spices - and share your own family remedies!



Zoom Coffee Morning Tuesdays 1130-1245  
with Roisin Reilly & Alex Laird, Medical Herbalists

***“Life-changing” “Very relevant and totally inspired!”  
“I was surprised how much better I felt”***

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|--|-------------------------------------|
| 1 Improve sleep                              | Tuesdays 2 <sup>nd</sup> March 2021 |
| 2 Reduce stress and anxiety                  | 16 <sup>th</sup> March              |
| 3 Manage diabetes & heart problems           | 30 <sup>th</sup> March              |
| 4 Manage weight                              | 13 <sup>th</sup> April              |
| 5 Boost immunity for coughs, colds & viruses | 27 <sup>th</sup> April              |
| 6 Improve digestion & bowel function         | 11 <sup>th</sup> May                |

For Zoom link, contact [carmella@upg.org.uk](mailto:carmella@upg.org.uk) 07593 582886  
or [eva@upg.org.uk](mailto:eva@upg.org.uk) 07496 566248