



Unlocking the key to a healthier life

If you are one of the millions of people suffering with health problems, needing to lose weight, lacking energy, fed up with feeling ill and generally run down, then come and listen to Health Coach, Simon Jordon.

His simple guide on how life can become healthier, more energised and with less illness is packed into a two hour seminar on the 28th June from 7pm-9pm.

In this seminar Simon will guide you through the following subjects:-

Your Body - find out some amazing facts about your body

Magic Number 3 - you will learn the 3 vital needs for every cell in your body, that will help you understand how to make a change.

Cycles of the body - you will discover what your body is doing everyday to survive.

River of Life - Understand whats going on in your blood and how you can clean it up.

If you want a healthier life, less illness and more energy come to see Simon Jordon

Thursday 28th June 2007

7pm - 9pm Angel Centre, Angel Lane, Tonbridge

BOX OFFICE 01732 359966 only £30

For more information log onto

www.simonjordon.com or call The Foundation on

0800 0833 582

Homeopathic First Aid Kit free to readers of Wellbeing



As part of the 20 year celebrations at Helios Homeopathy, **five** of our Homeopathic First Aid Kits for Home and Family are offered **free** to readers of Wellbeing.

Suitable for newcomers or the more experienced user of homeopathy the kit contains 18 remedies covering common ailments and minor injuries. Each kit come with its own self prescribing guide to help you in your choice of remedy.

Please send your name and address and contact details to Helios Competition, Wellbeing Magazine, 5 Bentham Hill House, Stockland Green Road, Tunbridge Wells, Kent TN3 0TJ or email your details to rachel@wellbeingmagazine.com with the subject helios Competition.

The first five names selected on the 6th July will receive a Homeopathic First Aid Kit.

Trinity EDINBURGH PREVIEWS

Thu 26 Jul - Sat 28 Jul 8pm
£13.50 (£11.50)

The Edinburgh Festival Fringe is the world's largest arts festival and hosts a sparkling array of comedy shows for one month during August.

Trinity is hoping to capture a little of the big festival atmosphere down south, giving locals who cant make it to Edinburgh in August, the chance to see shows destined to be some of the hottest tickets at this year's Fringe.

Thu 26 July: Stephen K Amos - another Time Out award winner for 'Best Stand Up' and Al Pitcher - Hilarious, hyperactive, motor mouth from New Zealand.

Fri 27 July: Rhod Gilbert - Listed in the Times Top 50 Comedians 2006 and Jon Richardson - Heading for big things bbc.co.uk

Sat 28 July: Brendon Burns - Controversial, Antipodean, punk comedian and Shappi Khorsandi - Britain's best young female comic The Guardian.

Tickets £13.50 (£11.50) from the ticket office on 01892 678678, open Mon-Sat 10am-3pm, Sun 1pm-3pm and 1hr before performances or book online on www.trinitytheatre.net.

Wellbeing Magazine in Association with Trinity Theatre are giving away **3 pairs of tickets to see 'The Edinburgh Previews'**. Send your name, address and telephone number to: Wellbeing Magazine (Edinburgh Previews), 5 Bentham Hill House, Stockland Green Road, Tunbridge Wells, Kent TN3 0TJ or email rachel@wellbeingmagazine.com subject 'Edinburgh Previews'. Winners will be the first names drawn on the **6th July** and will be notified.