

## Health and Wellbeing week 14th to 20th June in the KCTG information hub

Date	Organisation / Activity		Time	Notes
	Kettering Complementary Therapy Group information		10.30am - 4pm	
	Age UK Northants information			Advisors
	Slimming World Information			Advisors
	Low vision clinic information			Advisors
	ASD and Enfold Autism information			Advisors
	Wellness checks weight metabolic age visceral fat dietary advice	Aba Wilson - Morkeh		Available by appointment
	NHFT School nurses healthy lifestyle advisor	Debbie Craig		Information stall
	Northamptonshire Health Care	Chris Davison		Information stall
	PALS			Information stall
	MIND			Information stall
	Public Health supporting independent living			Information stall
	Action for Happiness			Information stall & support
<b>Monday 21<sup>st</sup> June</b>	Therapy Taster sessions Reflexology Indian head Reiki		10.30 to 4pm	
	Cranio sacral taster session	Kim E	10.30 - 4pm	
	Painting and eye sight chat session			
	Reflexology	Kim	11 to 4	
<b>Tuesday 22<sup>nd</sup> June</b>	Cranio sacral taster session	Kim	10.30 to 4 pm	
	Yoga	Ash	2pm	
	Reflexology, Indian head massage, taster sessions		10.30 to 4 pm	
<b>Weds 23<sup>rd</sup> June</b>	Therapy Taster sessions Reflexology Reiki	Lisa	10.30 to 4 pm	
	DIY Indian head massage workshop	barb	10 - 10.45 pm	
<b>Thursday 24<sup>th</sup> June</b>	Therapy taster sessions Reiki Reflexology		10.30 to 4pm	
	Reflexology	Kim & Jeanette	10.30 to 4pm	
	Reflexology		11 to 3 pm	
	Kettering complementary therapy group meeting		7pm	
<b>Friday 25<sup>th</sup> June</b>	Reflexology		10.30 to 4 pm	
<b>Sat 26<sup>th</sup> June</b>	Taster Sessions Reflexology Indian head massage	Barb	10.30 to 4 pm	
	Heart Health and blood pressure testing	Pat Edkins	10.30 – 12.30	
	Angel card readings	Jane	10.30 to 4 pm	
<b>Sunday 27<sup>th</sup></b>	Taster sessions talks and information or just someone to chat		10.30 to 4pm	
<b>Monday 28<sup>th</sup></b>	Painting and eye sight chat	Sharon		
<b>Tuesday 29<sup>th</sup></b>	Yoga	Ash	2 pm	
	Taster sessions Reflexology	Barb	10.30 to 4 pm	
<b>Weds 30<sup>th</sup></b>	Reflexology	Lisa	10.30 to 4 pm	

**Kettering Complementary Therapy Group** Facebook page

Updates daily in shop and on <https://www.kctg.co.uk> or this is kettering health and wellbeing festival

For information email: [barb@b-l-t.co.uk](mailto:barb@b-l-t.co.uk) telephone: **07748 591065**

Contact Chris to book taster sessions or in the hub telephone: **07791 580218**

to volunteer or offer therapy sessions contact Barb or Chris

