



Community initiatives encouraging a low carbon future



Health in a Resilient Future

Join a discussion/workshop on *health in a resilient future* led by Joanne Baker with Ruth Burroughs, herbalist and Katherine Revell, Tai Chi Instructor

Explore the problems and possibilities of health and wellbeing in an age of energy descent and get inspired to live the change



**Friday 13th November 19:15 for 19:30 start
at Liskerrett Community Centre**

All welcome

Entry: Donation

Contact: Jo on 01579349257 www.transitioncaradon.org.uk