



Hazel Ballantine **Nutrition**

**Understanding how to improve  
your digestion and reduce  
unwanted symptoms**

Join me for an informative talk which aims to provide you with information which will enlighten you on ways to improve your digestion and better understand this process

Questions are most welcome.

My background as a pharmacist combines very well with nutritional therapy and provides a comprehensive approach for my clients to achieve their personal health goals

**Tickets £10 per person**  
**Available from the cafe or**  
**[www.hazelballantinenutrition.com](http://www.hazelballantinenutrition.com)**

**Where : Congars Cafe, Broad street, Congresbury**

**When : Thursday 11th April 7.30pm till 9pm**