



LORA-GREY THERAPY

PRESENTS



“FACING THE DRAGON”

Join us for a seminar/workshop to explore the understanding of Bipolar Disorder & where we introduce the benefits of an holistic approach

FACILITATOR: SUZANNE LEIGHTON (Bsc, Msc, PMP) with special interest in mental health (Depression, Mania, Bipolar Disorder & Post-Natal Depression). Suzanne is in private practice located in Cape Town.

PROGRAMME:

- To educate and inform on bipolar, mania and depression
- To reduce the stigma and mystery around mental illness
- To shift the mental illness paradigm
- To present different pathways to recovery, management and self help
- To explore benefits of complementary modalities, ie. Therapeutic Massage, Touch and Reflexology
- To explore a sustainable way forward
- Different treatment plans and how to work with patients
- Open facilitated conversation to share experience and ideas.

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DATE : Saturday 25 May 2013
TIME : 8.30 for 9:00am – 1:00pm (Tea will be served @ 10.30AM)
VENUE : B & E Conference Centre, Kempston Road, Port Elizabeth
COSTS : R250.00 (professionals – medical, therapists & teachers)
R150.00 (diagnosed Bipolar sufferers)
R180.00 (carers of Bipolar sufferers)

Should you have a genuine problem with the costs & you would honestly like to attend, please contact our offices on 041-3603178 & we will make every effort to accommodate you.

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BOOKINGS : Proof of payment will be taken as confirmation.
BANKERS : ABSA BANK, NEWTON PARK, PORT ELIZABETH
BRANCH CODE : 632005
ACC. NO. : 9135658309
ACC. TYPE : SAVINGS
ACC. NAME : LORA-GREY THERAPY
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