



**HAPPY NEW YEAR TO YOU
DATES FOR YOUR DIARY -
2008**

- January 4-6** Recover from Christmas and welcome the New year at Higham Hall, Bassenthwaite Lake. Relaxation, holistic therapies and lots more. www.Highamhall.com. Open to all. Excellent value - including one to one therapy at £195 fully residential and £140 non residential. **One place left - still time to treat yourself.** Ring 01228 710213 if interested.
- March 1-2** Reiki Healing (level one training near Carlisle). Open to all.
- June 14-15** Reiki Healing (level two training near Carlisle). Open to all
- April 25-27** A relaxing weekend for Deaf women and their friends at the Haybergill Centre near Warcop in the Lake District. Last year's course was great, this will be our third at Haybergill!
Cost; £275 for everything, food, workshops, one to one therapies, information pack. Deposit £50. **Special offer - book before Jan 31st save £25**
- October 10-12** Holistic Therapies in the Cambridge area, relaxation and self help for people who are Hard Hearing/Deafened plus partner or friend. Speech to text and full support. Register your interest now!



Are you hard of hearing or deafened and do you live in the north west?
Want to relax, have a fun day and find out about how holistic therapies can help.
LINK is organising workshops In 2008
Jan 25 Merseyside March 28 Oldham
April 11 Preston May 16 Blackpool
July 11 Chester.
Contact john.donald@linkdp.org