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AIMS & OBJECTIVES

The WESSEX HEALTHY LIVING CENTRE has been open to the public since March 1977, making Bournemouth the **first town** in the country to have its own natural therapeutic day centre.

A registered charity, it enables us to give on average one hundred and fifty consultations and treatments each week, by qualified practitioners (who all give some voluntary time), in the field of holistic medicine, to people who would otherwise be deprived of this choice.

A wide variety of therapies **under one roof**, at nominal fees, make the W.H.L.C a unique organisation, funded entirely by its own efforts and donations from well wishers.

'YOUR HEALTH IN YOUR HANDS' is the motto of the Wessex Healthy Living Centre.

Since its inception, there has been a greater awareness, by people of all ages, of the importance of natural therapies. Perhaps this has come about as a reaction against the artificial lifestyle, environment and diet of the twentieth century. This has been brought to the attention of the public by the media.

Unfortunately, the information and education facilities available to the public are frequently inadequate and expensive. The various therapies that come under the umbrella of 'Complementary Medicine' are beyond the purse of those within the lower income groups, the unemployed or those receiving supplementary benefits. Most of these natural therapies are not available through the National Health Service.

We are dealing daily with enquiries by telephone/letter, from all over the British Isles (and overseas), from those seeking assistance or advice on personal health problems. We organise education classes, lectures and public meetings, and provide speakers for other societies - all for the purpose of achieving and maintaining good health. Our education meetings, talks and demonstrations give the public an opportunity to learn about therapies, treatments and ask questions.

We offer, to the young, a programme of prevention and, to those of more mature years, an opportunity to attain and maintain a better quality of life, and to cope with the stresses of modern living i.e. anxiety, headaches, insomnia, lethargy, depression, constipation, weight problems, smoking, drinking and other conditions.

The trustees and management wish as many people as possible to benefit from the use of the centre.

There is a reduction of fees to those who register, and further reductions to those receiving a state pension, students, children under 16 and those receiving supplementary benefits.

For details of these and other benefits, please see the registration form and literature at the W.H.L.C., or send an SAE.

We are a registered charity and depend on voluntary help and donations to meet our expenses.

A handwritten signature in black ink that reads 'Bee Klug'.

Bee Klug M.B.E. (Founder/Joint-Chairman)

On behalf of the Board of Trustees

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