

WEEKLY AT WAVERLEY LIBRARY

HAPPY HEALTHY CHILDREN

Judy provides natural easy solutions to help you & your baby with breast feeding, healthy eating, introducing solids, sleeping through the night, developmental milestones, allergies and so much more.

This is **for everyone** ready to feel super happy, fit and healthy again and put the magic back in life. Bring along your friends and family.

Judy Moss with **30 years experience** as a **medical doctor** now consults as a **natural health practitioner, life coach** and **counsellor** to facilitate your return to *vibrant joyful health* and *wellbeing*. She helps you to transform your life with love, laughter, passion and an amazing array of powerful tools and natural techniques which are easy to learn and use at home and at work. **Come along** and **discover how much fun life can be**

Every Monday. Starting Monday 27th April. 12 noon - 1 pm.
Waverley Children's Library, 32 – 48 Denison St Bondi Junction. Free parking for 1½ hours under the library.

COST: FREE. Enquiries to Waverley Children's Library: 93867720

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Visit her website at www.askjudymoss.com.au & click on Contact Us

Judy writes monthly for Good Health and Medicine magazine.



Judy 
joyful health & wellbeing