

“How do you get the Most From Your One Wild and Precious Life?”

Tuesday November 3rd at 7.30pm

Trinity Centre, 5 Trinity Churchyard, Guildford, Surrey, GU1 3RR

Tickets – £8 (Students £4)

To book your ticket go to www.farnham.humanist.org.uk
or call 01252 726684

Dr Phil Hammond

TV Celebrity Comedian & NHS Doctor



BBC TV’s “Have I got news for you” comedian Dr Phil argues that most lives need living not medicalising. And for 90% of symptoms, you’re better off with a dog than a doctor!

CLANGERS is a good model for living well: Connect, Learn, be Active, Notice, Give back, Eat well, Relax and Sleep, not forgetting your 5 portions of fun!



Dr Phil Hammond is a patron of the British Humanist Association