







Raising money for ME, CFS,  
Fibromyalgia research

## Fundraising planner

Use this planner to keep you on track for your fundraising event, we've started you off on some of your to do's.

Tick	Date to be done by	Task
<input type="checkbox"/>	/ /	Decide what fundraising event you want to run
<input type="checkbox"/>	/ /	Set up your JustGiving page
<input type="checkbox"/>	/ /	Tell us about your event fundraising@theoptimumhealthclinic.com
<input type="checkbox"/>	/ /	Promote your event on social media and using our posters
<input type="checkbox"/>	/ /	

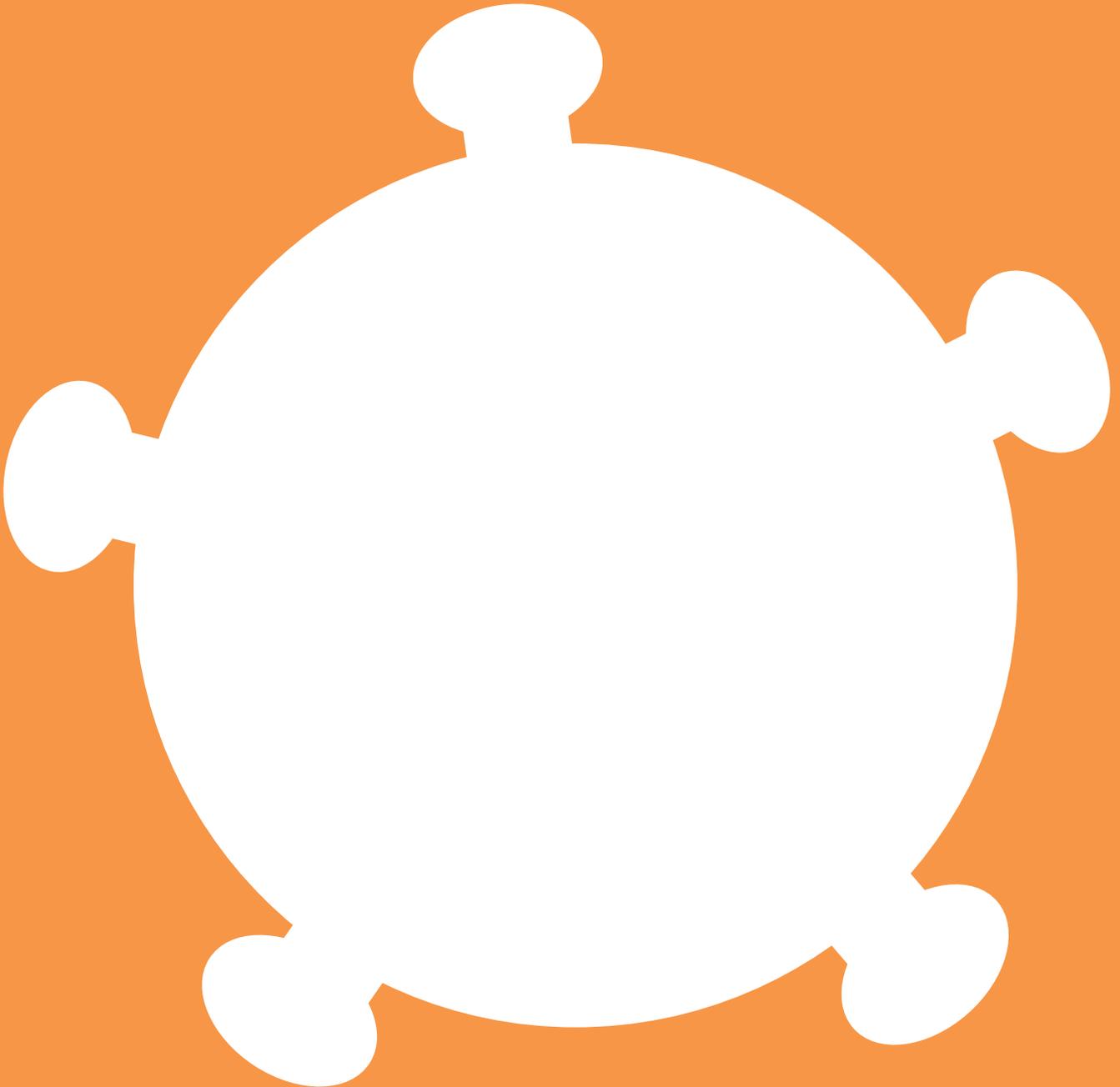


THE  
OPTIMUM HEALTH CLINIC  
FOUNDATION



Sofa  
Heroes

Raising money for ME, CFS, Fibromyalgia research



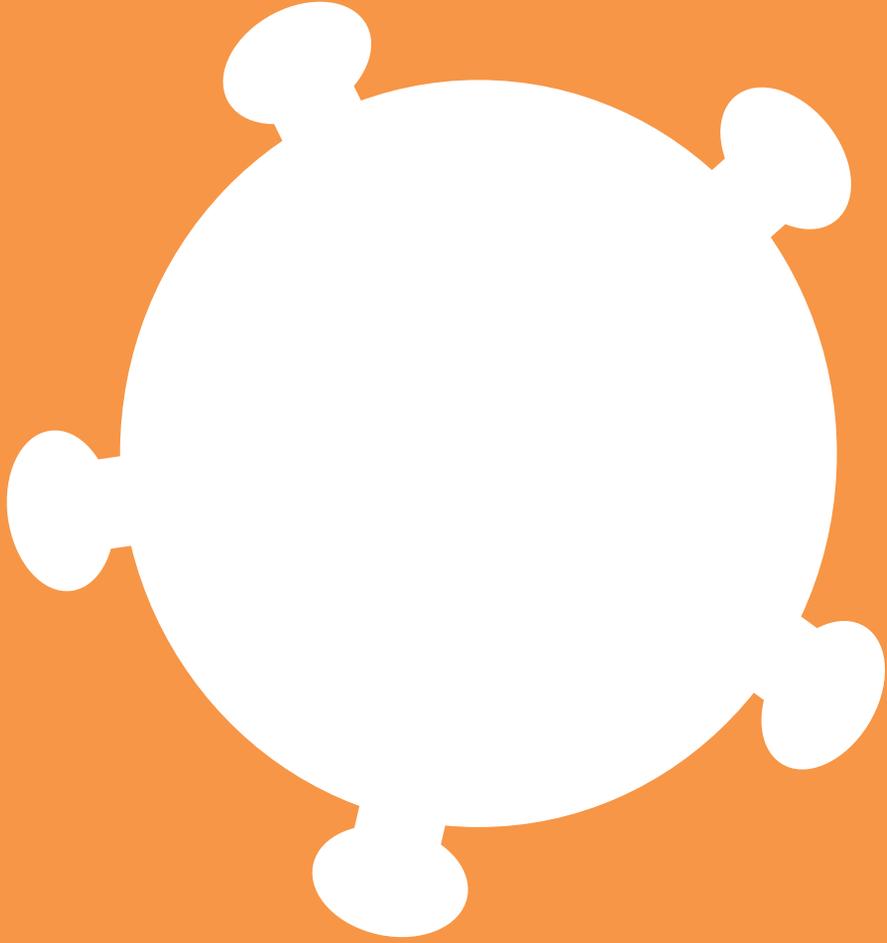


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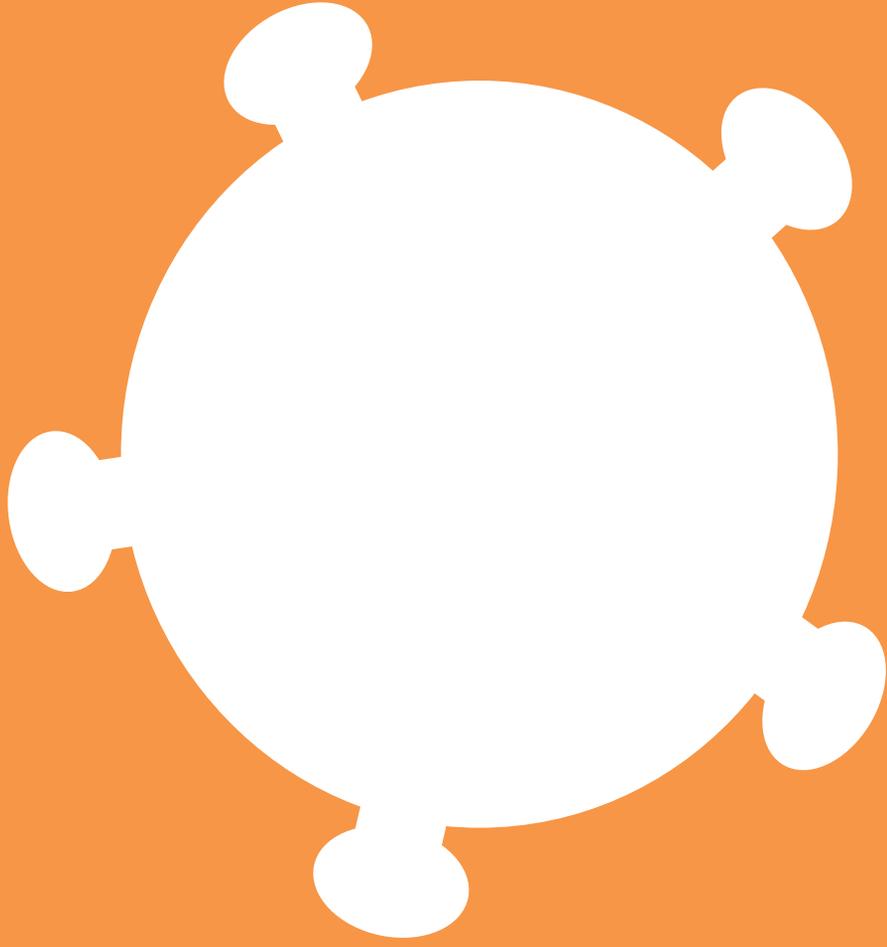


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## Raising money for ME, CFS, Fibromyalgia research

### Who are The Optimum Health Clinic?

The OHC is an award winning integrative medicine clinic with a specialism in the diagnosis and treatment of ME, CFS and Fibromyalgia with complementary and alternative medicine based approaches for optimising health, relaxation and general well-being. OHC was set up in 2004 and having worked with patients in 35 countries is recognised for its innovative approach of researching, testing and integrating treatments in the most effective way. Over half the team have had personal experience of these illnesses, so the clinic is also well known for its empathic approach.

To support the work we do  
visit

[www.justgiving.com/optimumhealthfoundation](http://www.justgiving.com/optimumhealthfoundation)

### Why support the OHC?

The OHC funds research into integrative medicine to improve the lives of people living with ME/CFS/Fibromyalgia. Each year, nearly a quarter of a million sufferers in the UK, don't receive the care they need to recover and, like you, we want this to change. We are currently fundraising for a unique, three-year, randomised clinical trial with the aim that our treatments will soon be available to all, via the NHS.

The trial was officially announced at a reception at the House of Lords for the research collaboration with University of Surrey.

For more information on the OHC and the work it does or the randomised control trial visit

[www.theoptimumhealthclinic.com](http://www.theoptimumhealthclinic.com)



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