```html
<!DOCTYPE html>

<html lang="en">

<head>

  <meta charset="UTF-8">

  <meta name="viewport" content="width=device-width, initial-scale=1.0">

  <title>Teaching and Freelance Services</title>

  <style>

    body {

      font-family: 'Times New Roman', serif;

      margin: 0;

      padding: 0;

      background-color: #ffe6f0;

      color: #4b0000;

    }

    header {

      background-color: #800000;

      color: white;

      padding: 1rem 2rem;

      text-align: center;

    }

    nav {

      display: flex;

      justify-content: center;

      background-color: #b30047;

      padding: 0.5rem 0;
```

```css
    }

    nav a {

        color: white;

        text-decoration: none;

        margin: 0 1rem;

        font-weight: bold;

    }

    nav a:hover {

        text-decoration: underline;

    }

    .container {

        padding: 2rem;

        max-width: 1200px;

        margin: auto;

    }

    .poster img {

        max-width: 100%;

        height: auto;

    }

    footer {

        background-color: #800000;

        color: white;

        text-align: center;

        padding: 1rem 0;

        margin-top: 2rem;
```

```html
      }

      .contact-info {

        margin-top: 1rem;

      }

    </style>

  </head>

  <body>

    <header>

      <h1>Welcome to My Teaching and Freelance Services</h1>

    </header>

    <nav>

      <a href="#home">Home</a>

      <a href="#about">About</a>

      <a href="#services">Services</a>

      <a href="#contact">Contact</a>

    </nav>

    <div class="container" id="home">

      <h2>Home</h2>

      <p>Welcome! I offer professional teaching and freelance services tailored to your needs. Explore more to see how I can assist you!</p>

    </div>

    <div class="container" id="about">

      <h2>About Me</h2>

      <p>With a passion for teaching and expertise in freelancing, I am dedicated to delivering quality services in education and professional support. Currently based in Thailand, I also provide online assistance globally.</p>

    </div>
```

```html
<div class="container" id="services">

  <h2>Services</h2>

  <p>Here are some of the services I provide:</p>

  <ul>

    <li>Academic Writing and Research</li>

    <li>Dissertations and Proposals</li>

    <li>CV Writing</li>

    <li>Data Analysis (SQL, SPSS, Excel, etc.)</li>

    <li>Graphic Design</li>

    <li>Engineering Support (AutoCAD, ArchiCAD)</li>

  </ul>

  <div class="poster">

    <img src="freelance-poster.jpg" alt="Freelance Poster">

  </div>

</div>

<div class="container" id="contact">

  <h2>Contact</h2>

  <p>Feel free to reach out to me:</p>

  <div class="contact-info">

    <p>Email: <a href="mailto:limolaban95@gmail.com">limolaban95@gmail.com</a></p>

    <p>Phone: +254 724 710 744</p>

  </div>

</div>

<footer>

  <p>&copy; 2024 Teaching and Freelance Services</p>
```

```html
    </footer>

</body>

</html>
```