

Autumn 2019 Upcoming Workshop Energy Boost and Lifestyle M.o.T.

Sound Cells, Sound Brain

“learn to energise your cells, enhance your brain effectiveness and have fun”

This one-day workshop exploration will help you (and those close to you)–:

- 1 Dealing with current health myths and misconceptions (with solutions): improve your quality of life
- 2 Consider the impact on body chemistry, of nutrition and supplementation
- 3 Use tools: including Tuning Forks, useful Apps and Equipment to improve focus and relaxation
- 4 Identify how minor lifestyle changes can have major benefits for your long-term health
- 5 Create a personalised, do-able, action plan
- 6 Explore current trending topics including: Mindfulness, Neuroplasticity, Gluten Sensitivity
- 7 Discover the very latest helpful strategies dealing with such conditions as:
Brain Deterioration, Depression and Obesity

Who should attend? Anyone with a basic curiosity about the latest in cell anatomy, a lively mind (who is planning to keep it that way) and who wishes to explore their own future and that of those nearest and dearest

c	Workshop Date	Venue	Post Code	Early Bird Booking by	Local Organiser
Sun	22 nd September 2019	Hillcrest, Bewdley Hill, Kidderminster	DY11 6JE	Friday 6 th September 2019	Keith Oddy 01562 741743 info & Accommodation advice

- ❖ Numbers limited to maximum of **6 participants**
- ❖ Bookings are firm 8 weeks prior to workshop date, substitutes can be made at any time. Cancellations 8 weeks to early bird date will receive a 50% refund. From Early bird booking date, no refund made.
- ❖ Tea, coffee water refreshment will be available during the day.
- ❖ A light lunch (with gluten free options) is provided, if you have extra specific dietary needs please bring a packed lunch.

Normal fee £79 per workshop Early Bird booking at £69 per workshop



From: _____ Telephone _____

Address _____

Post Code _____ E-mail: _____

Please reserve places @ per person

Name(s): _____ SCSB Workshop Date: _____ Venue: _____

* Please send this form with a cheque if it suits you, payable to EcoEnergies –
to Keith Oddy, Hillcrest, 103 Bewdley Hill, Kidderminster DY11 6JE

or if you prefer to pay by Credit Card request a telephone call or credit Card Details Yes / No
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