

# Spring 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	17 <sup>th</sup> March 2019	Hillcrest, Bewdley Hill, Kidderminster	DY11 6JE	Friday 1 <sup>st</sup> March 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  
Enquiries: 01562 741743    Website: [www.hillcrest01562.co.uk](http://www.hillcrest01562.co.uk)    E-mail: [info@hillcrest01562.co.uk](mailto:info@hillcrest01562.co.uk)