

Saturday 13 Jan, 2018

Right-Size ME

- **Nutrition** & how food impacts the body
- The science of healthy weight loss:
 - *Detox*
 - *Hormones and their disruptors*
 - *The 'second brain' and power of the gut*
 - *Movement vs 'going to the gym'*

Saturday 20 Jan, 2018

Refresh ME

- Using **Neuroscience** to set my life agenda:
 - *My purpose*
 - *My well-being*
 - *My goals*
 - *My habits*
 - *My account-ability*

Venue: Employers' Consultative Association, #17 Samaroo Road,
Aranguez Roundabout North, Aranguez

9am – 3pm

Lunch and snacks included

◆ \$750 (1 day)

◆ \$1,300 (Both days)

To **Register** or **Gift a loved one**

Contact

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