

SPRINGDALE NEIGHBOURHOOD CENTRE

~ WELLNESS DAY ~

Venue: Springdale Neighbourhood Centre, 17 – 21 High Street, Drysdale

Date: 10th October 2011

Time: 10 am – 3pm

Entrance fee \$10 to cover food and drink costs)

STALLS

- ❖ RAW FOODS
- ❖ HIMALAYAN CRYSTAL SALT
- ❖ BLOOD GROUP DIET & RECIPES
- ❖ BLOOD GROUP TESTING
- ❖ GLUTEN FREE BISCUITS
- ❖ MASSAGE & BOWEN THERAPIES
- ❖ MEDITATION & REIKI
- ❖ CERTIFIED ORGANICS – SKIN CARE & PERSONAL CARE
- ❖ GREEN JUICE – Vibrant & Healthy
- ❖ TOXIC CHEMICALS INSIDE & OUTSIDE THE HOME – how to eliminate them
- ❖ POLE WALKING – Healthy movement for all ages and stages
- ❖ CYCLING FOR WELLBEING
- ❖ MENS COOKING
- ❖ PURE ESSENTIAL OILS - Aroma's as healing mediums
- ❖ STEP INTO LIFE – Discover the importance of exercise and moving your body for health & wellbeing.

WORKSHOPS

- ❖ 10.30 – 10.45 am (and) 1.45 – 2.00 pm
HOW DOES YOUR BLOOD GROUP MAKE A DIFFERENCE TO YOUR HEALTH? – What foods are right for you?
- ❖ 11.00 – 11.15 am (and) 2.10 – 2.25 pm
LEARN TO MEDITATE- Gain the tools to learn to relax and rejuvenate everyday
- ❖ 11.30 – 11.40 am (and) 2.45 – 2.55 pm
HEALING REIKI – Experience the benefits of deeply healing Reiki
- ❖ 11.50 – 12.00 pm
“TINGLE TIME” with the healing sounds of Tibetan Bowls
- ❖ 12.00 – 12.15pm
STEP INTO LIFE – fit, fun & fantastic- learn about the importance of exercise for health & wellbeing
- ❖ 12.15 – 12.30 pm (and) 2.30 – 2.45pm
Toxic Chemicals inside & outside the home – how to avoid the nasties
- ❖ 1.00 – 1.15 pm
Pole walking benefits – learn to move your body for wellbeing
- ❖ 1.30 – 1.30 pm
WHY ORGANIC? What is the difference? How will it help me?

AND MUCH MORE 😊 😊 😊