



marineharvest

Employee & Community well-being initiative

PHYSICAL WELLNESS SEMINAR

TUESDAY 26th May 2015 at 4pm – Rossnakill Tourism / Activity Centre



Seminar will include information on:

- ❖ How to lose weight and keep it off.
- ❖ How to get and stay fitter and leaner.
- ❖ Short exercises that give excellent results.
- ❖ The effects of stress and anxiety on your health.
- ❖ How to eliminate stress in minutes (live example).
- ❖ How to quickly cleanse and detox your body (live recipe and tasting).
- ❖ How to boost your metabolism so you burn more calories for longer.
- ❖ Know which foods to eat and which to avoid.
- ❖ How to beat a sugar addiction.
- ❖ Q & A.



About Justin: Justin Toner has been a clinical hypnotherapist, psychotherapist and NLP practitioner for over 10 years working in his private practice in Ireland. He has helped hundreds of people overcome a wide range of problems from depression, fears/phobias, stress/anxiety, confidence issues and a multitude of health related problems, but he is particularly interested in the area of health and weight loss (both mind and body).

Optional: Justin can take your body fat percentage and let you know what it should be. **Should you decide to avail of this service, all results would be confidential.**

Please feel free to phone Kathleen at Rinmore Reception on 074 91 59071 (9am – 5pm) who will be happy to register you for this seminar. There is no entry fee to this seminar and it is open to staff, their families and the local community. Feel free to come along and join us; we would advise you to register early as places are limited.