

BRISBANE WOMAN Workshop + Networking Evening

Wednesday 4th November



7 Secrets To Creating Vibrant Health In Everyday Life!

Do you want to live a LONG and HEALTHY life?

Do you want to feel good with heaps of energy ALL the time?

Do you want to cut through the confusion and find what works for you and your body in your life now?

Do you want to learn how to reduce physical pain, stress and other symptoms?

This workshop will help you find your way to better health and improved physical functioning no matter where you're at.

After all, you are the best (and only) expert on you and with the right tools, a bit of philosophy and practical education you **can** create a vibrantly healthy life that gets better and better and better!

In this workshop, you will discover:

- ✿ What vibrant health and wellness mean to you personally. What does it look like in your life? How will you know when you have it?
- ✿ 7 simple secrets to create a long and vibrantly healthy life for you and your family
- ✿ Why some of don't make the changes we know we should and what we can do about it
- ✿ Quick and easy ways to increase health and energy so we can do ALL the things we want to do
- ✿ How to love and celebrate your body no matter where you are at with your health right now



Susan Living helps business owners save money on employee costs by promoting health and wellness at work. She's an entertaining workshop facilitator, mad keen blogger and health coach extraordinaire. Her most recent claim to fame was completing a 40 day fast on water. On the bigger picture side of things, she's passionate about making vibrant health and wellness accessible to all and is creating an international community of health practitioners working together to change the way medicine is viewed and accessed in the world. For more info on Susan, www.susanliving.com have a [squiz](http://www.susansfoodforthought.com) at: www.susansfoodforthought.com

Event details:

Wednesday 3rd November
Arrive 6 onwards for 6.30 start
Finish approx 9pm
Only \$50 including finger food

Upstairs - The Pineapple Hotel
705 Main Street
(Enter via Park Bar on Baine St)
Kangaroo Point

The number of attendees is kept to 35 ensuring maximum benefit for all participants. The interactive and fun speed networking component means you'll walk away with 25—35 contacts too! Build your business and meet some wonderful like-minded women.

Each session will be an interactive, workshop- style format with a speed networking component. We want you to have fun and meet some inspiring ladies along the way. You'll leave with practical skills you can implement immediately into your work or business and a whole lot of new contacts too. Our aim is to maximise your learning and help grow your business!

To secure your spot go to:

www.brisbanewoman.com/upcoming-workshops and scroll down to the **Buy Now** button.

Phone Kylie for more information on 0407 276 759 or email kylie@brisbanewoman.com

This Event is proudly brought to you by Brisbane Woman and Susan Living



Susan's Food For Thought

