

CREATE A BALANCED LIFE

Wednesday 25 August 2010

FUNCTION DETAILS

Cost:

\$25 WIT members
\$35 Non-WIT members

Note:

If you have any special dietary requirements, please note on response.

Car Parking:

Ample parking at rear of building off Dunn Street carpark

RSVP:

Registration and payment must be received by 17 August 2010 (Registration form available at <http://www.wit-sa.org/site/pages/events.php>)

Do yourself a favour and take some 'time out' to attend this interactive workshop and networking event and discover valuable tools to help you create a balanced and harmonious life whilst having fun!



Wednesday 25 August 2010
at Wild Thyme Organic Market & Cafe
101-103 Melbourne Street, North Adelaide
www.wildthyme.net.au

5:30pm - 7:45pm

\$25 WIT members; \$35 Non members

Includes a FREE goodie bag, an antiox shot on arrival, delicious canapés, dips, herbal tea and coffee

Guest Speakers



Lisa Hobden



Sue Sheppard



Andrea Peterson



Kathy McLean

Lisa Hobden, Principal, Lisa Hobden Consulting

Topic: "The tools to build a balanced life"

Sue Sheppard, Life Strategist & Personal Trainer - Beyond Potential

Topic: "Taking charge of your personal health and fitness"

Andrea Peterson, Principal, Women in Balance

Topic: "How to have fun and adventure!"

Kathy McLean, Kundalini Yoga Teacher, The Rarest Gem Yoga & Wellbeing

Topic: "Benefits of Yoga and Meditation"

*If you are not a member of WIT and join at the time of payment, you will pay members' rates.
Download the WIT membership application form at <http://www.wit-sa.org/>
and return with the booking registration form to Sue Shaw at contactus@wit-sa.org.*