

PRIVATE HEALTH AND NUTRITION WORKSHOP

WITH



Mother Nature's Diet

www.mothenaturesdiet.com



Come to Equilibrium Natural Health Centre for a private workshop on
SATURDAY 12TH MAY 2018

- Learn about the role and importance of your diet for energy, performance, anti-ageing and more
- Explore the 12 Core Principles of Mother Nature's Diet and how they can help you optimize your health and fitness
- What NOT to eat
- Understand the importance of a high-nutrient diet
- Understand your 'Wheel of Health'
- Look at exercise, stress and lifestyle factors

9.00am start • 5.15pm finish (approximately)

Full day workshop including hot and cold drinks just £40 per person

**Venue: Equilibrium Natural Health Centre, Leaffield House, Leaffield Way,
Neston, Corsham, Wiltshire SN13 9RS**

**Brought to you by Age MacKenzie from Altered Images. Places strictly limited.
To book your seat call 07767 094904 or e-mail age@alteredimages.me**



ALTERED IMAGES

WEIGHT MANAGEMENT & LIFESTYLE CONSULTANCY

Age MacKenzie

1 Victorias Place Chippenham Wiltshire SN15 3YW

Tel: 07767 094904 email: age@alteredimages.me