

GREEN ROOM PRESENTATION - 23 May 2007

George of Nutri-Balance Health and Oceanic health & Beauty Spa, will present a full and interesting learning session on a variety of health and nutrition matters, covering:

- What is it to be healthy, and why it is so important
- Why do our bodies rebel against us?
- Why it is important to benchmark yourself for Toxicity and Food Intolerances
- Diets? What's that?
- Relaxation vs Stress – why it is so important to get the balance right
- Inner Health and Outer Beauty the natural way

We will come as a team, and after the talk, there will be taster sessions for all Carrington Club members, on a first come first served basis for the following treatments/screenings:

- Toxicity screening with Hazel Drummond
- Scenar Pain relief with David Hepworth
- Head and shoulders massage with Jessica Godfrey

I will give out more details at the next Breakfast

**George Petry**  
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