

Energizeme

...your life

“Keeping Your Energies Buzzing”



Are you a multi-tasker? Burning the candle at both ends?

Do you need more sustained energy to cope with it all?

‘Keeping your energies buzzing’ means you are able to

juggle all you need to and still have energy at the end of it!

Enrol on this fabulous, fun and interactive

Two-part Nutrition & Energy Seminar/Workshop

that will teach you how to make a real difference to
your energy levels, health and well-being.

Each section is three hours long and a week apart and
includes refreshments and comprehensive information pack.

Feel the benefits of what you've learned and put into action
by the time you finish the course!

Learn something new, have fun & reap the benefits!

Next Course: Part One - Mon. 21st April 2008 from 9.30am – 12.30pm **OR** 7.00-10.00pm
Part Two - Mon. 28th April 2008 from 9.30am - 12.30pm **OR** 7.00-10.00pm

Venue: Amersham Free Church: Carey Room

Secure your place NOW!

contact Susanne on

01494 728774 or 07747 011522 or

visit www.energizeme.co.uk

SAVE 20% WITH THE SPRING SPECIAL OFFER OF £79 (usually £99)

**Small groups only
- fantastic value!**