

Knowledge is power. Would you like to have more energy, never get sick, shed weight, live longer with greater quality of life?

Would you like to know the Secrets of the Longest Living, Healthiest, Happiest People on the Planet?



Sherry Strong
Chef. Nutritionist. Wellness Expert

Sherry will share with you what she has distilled from over 20 years study to help you find out what you need to have, do and be all, that your amazing body deserves.

This seminar has been attended by hundreds of people who confirm that this day is **life changing, life saving** and **worth way more than the time and money they've invested.**

We are so confident that you will agree that if you don't we will refund your money*.

*If you stay for lunch a \$45 food & administration cost will be deducted from your refund.

The Living Well Health and Wellbeing Full-day workshop

You will learn

What is in your food and how your food is processed

How what you eat affects your life

What you can do about it

5 deadly things you need to avoid

8 things for your pantry that will make an immediate difference to your wellbeing

How to make simple meals that taste amazing

How to transition into a healthier lifestyle

How to eat guilt free

Protect your family, your children, your grandchildren and prevent or reverse lifestyle conditions like diabetes, cancer, heart disease, osteoporosis, asthma, depression and many other conditions that are on a huge rise.

Attend this
Life Enhancing Seminar for
\$345

Included in the day

=3 hour cooking demonstration with a 10 course tasting
=Organic Morning and Afternoon tea
=Guided tour of the Farmers Market the day before the seminar
=90 page workbook with recipes, tips and resources to take away

They LOVED the cooking demonstration.... and the smell of the cooking food directly before lunch. You were incredibly well received. Injecting your personality and humour into the presentation was excellent! Our delegates acknowledged that their own health and well being - and that of their staff and clients - is of critical importance and your presentations provided them with a refreshing point of view on the topic.

Linda Morrison - Lonsdale Financial Group Ltd

Sherry was awe-inspiring and really funny, relevant to us both personally and professionally, informative, motivating, practical and entertaining. What an eye opener... easily understood with some simple tips to take on board....I would recommend her without hesitation.

Lisa Cahill - National Retail Manager
- The Body Shop

Please visit our website:
www.sherrystrong.com for details of all Programs and more responses from satisfied clients.

Book now at One Spa on 99448800

Questions? Call Sherry in Australia on Tel:
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