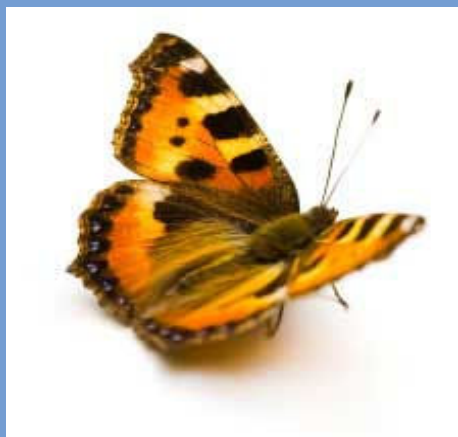


Vital You at Warren House Health and Well Being that will Change Your Life. Starting Friday March 4th, 2011.



**5-session course starting on
Friday 4th March 2011.
Exclusively at Warren House.
Special introductory price of
£65 per session when
booking all 5 sessions;
£80 for individual sessions.**

**Vital You is a 5 session well-being programme,
exclusively developed by Harley Street practitioners
Sue Firth and Adele Wolstenhulme for Hammersley
Connection members and friends.**

**Tackling lifestyle choices around health and well
being, you will learn the fundamentals of eating,
how to identify the right nutrients your body needs
to find its healthy, ideal weight that suits your
lifestyle, while understanding the psychology of
stress and how that works against a healthy body.**

**Sue and Adele address symptoms such as insomnia
and sleep-related disorders and jetlag * digestive
problems (bloating, stomach pain, constipation and
IBS) * weight management * anxiety and
depression * aching muscles and points *
headaches and migraines.**

The sessions will be held on Fridays, starting at 09.30am and finishing at 12.45pm. Refreshments will be served during the sessions. Sue and Adele will arm you with tips and tools that include CDs and books. The same programme will be held later on during the year over a weekend to accommodate interested people who cannot make the following dates. Please let us know if you are interested.

Dates for Vital You at Warren House 2011

Friday March 4th, 2011 and Friday March 25th, 2011
Friday April 8th, 2011, Friday May 6th, 2011 and Friday June 10th, 2011

For more information please contact Karyn Biddles 020 8974 7116 or email
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Warren House, Warren Road, Kingston-upon-Thames; Surrey KT2 7HY.