



This course is run by Nutritionist and Zest4life Motivational Wellbeing Coach, Gemma O'Connell. Qualified since 2006, Gemma is passionate about empowering individuals to achieve better health, get great results and to live their lives with passion through the use of proven nutritional science and results focused wellness coaching.

Wellbeing Gem
Eat Well, Move Lots, Love Life!

www.wellbeinggem.ie

www.TheClinic.ie

ARE YOU IN NEED OF A HEALTH BOOST?

FINDING IT MORE DIFFICULT TO LOSE WEIGHT?

DO YOU FEEL LIKE YOUR GET UP AND GO HAS GOT UP AND GONE?

WANT TO TURN BACK THE CLOCK AND LOOK AND FEEL AMAZING IN 2017?

Our 6 week practical *Anti-Aging, Nutrition & Wellbeing Transformation* programme focuses on breaking old habits and getting you looking great while turning the clock back naturally. Each week is packed full of nutrition, wellbeing and lifestyle advice and tips guaranteed to have you glowing from the inside out.

We break down the science and give you simple practical steps to take week by week. Follow *Patrick Holford's Zest4life* programme, increase energy levels, reduce cravings, lose weight plus learn about topics such as eating for great hair, skin & nails, revitalizing health, balancing food & mood, mindfulness, gentle detoxing, joint health & healthy hormones.

Our 42 day Nutrition and Wellbeing Transformation class starts Tuesday, February 21st 2017 @ 6:30pm @ The Clinic, Glenageary.

Price €197 includes: nutritional assessment, food diary analysis, comprehensive body composition, weekly coaching, handouts, recipes & weekly juice. Optional hair /mineral analysis* (* additional cost).



**LOSE WEIGHT, LOOK RADIANT, INCREASE ENERGY & FEEL GREAT IN JUST 6 WEEKS
@ THE CLINIC, GLENAGEARY**

***BOOKING ESSENTIAL* - CALL/EMAIL TODAY TO SECURE YOUR PLACE 087 355 3664 / 01 2461157
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