



Working WEL: Moving Beyond Stress, Illness & Toxic Environments

Is your work life leaving you exhausted?
Is stress zapping your zest for life?
Is your health suffering because of it?
It doesn't have to be this way!

Join us for a WEL-Systems® based weekend that will create the shift you seek.

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October 14, 15 and 16, 2011

Your work and your life are intersecting points of presence.

Reclaim your health!

Embrace your personal power!

Awaken to a self empowered you!

Make choices that support your health and well-being.

Discover how to transcend toxic workplaces and diffuse conflict.

Experience feeling invigorated and excited about your life at work and at home.

Your Facilitators

Kae Roberts: A former police officer, CODE Model Coach™, Kae is an expert in workplace conflict resolution/Bill 168 and how to thrive in high stress environments.
Email: kae@awakeningwave.ca ~ Website: www.awakeningwave.ca

Anita Allen: A Physiotherapist, CODE Model Coach™, Anita is an experienced health and wellness professional.
Email: anita@alternativephysio.com ~ Website: www.alternativephysio.com

MJ Raymond: An Entrepreneur, CODE Model Coach™, MJ has spent many years balancing the demands of clients and employees.
Email: mj@scriptec.ca

It's Time to Take Your Life Back

When: October 14th – 6:00 pm to 8:00 pm
October 15th and 16th – 9:00 am to 5:00 pm

Cost: \$495.00 plus HST

Where: Alternative Physio
38 Wellington Street East, Aurora, ON
905-727-2929

To Register: Call 613-230-4888, or email any one of the facilitators above.
Maximum 7 participants, Deadline September 15, 2011