

The Wellness Foundation

Health and Wellness through Knowledge

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Phoenix Community Centre

Providing hall facilities for conferences
Youth Development & Community Programs
Sports facilities

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INVITATION

Seminar on the use of Nutrition Intervention in
Treating and Relieving

Stress, Depression, Addiction & Drug Withdrawal Issues

Network with successful professionals and various participating organizations who offer workable and drug-free treatments and support on Stress, Depression, Addiction & Drug Withdrawal issues

Gain new knowledge and tools to add value to your existing programs and treatments.

Hosted by

Allan Wohrnitz (BSc)

Nutritional Researcher

Wendy Middleton

BEST Practitioner

You are cordially invited to attend the seminar. At the seminar, you will have the opportunity to meet and network with like-minded people who will share their knowledge, skills and services.

Participating organizations and professionals will have the opportunity to offer future training workshops on their workable methods.

We aim to expand and promote knowledge to all interested parties who wish to make a difference and meaningful change in people in need of help.

At the seminar we will cover knowledge on:

- Balanced Nutrition to prevent the onset of Depression and Drug Addiction due to Stress
- Introduction of clinical equipment that measure the exact Nutritional deficiencies
- How to design a personal Nutritional program to help one comfortably live a healthy life free of the need of drugs, medication and alcohol
- How to use Nutrition to relieve the pain of drug withdrawal symptoms
- Introduction to basic drug-free therapies that help ease the pain of drug withdrawal symptoms while embarking on a nutritional program

Date: Thursday 7 November 2013

Time: 9:00am to 2:00pm

Place: Phoenix Community Centre, Whetstone Road, Phoenix

Cost: R 100pp (Includes materials, nutrition CD, and Refreshments)

RSVP: Judy – 0733149545 or email drugfreakzn@gmail.com