

Welcome to Mission Nutrition's 2010 Seminar series

This is the year to **BE YOUR BEST** and we are here to help. Mission Nutrition has designed a fantastic range of inspirational seminars to get you in THE best shape and feeling on top of the world this year.

Make sure you **BOOK TODAY** as spaces are limited and these seminars are selling out already!

We look forward to seeing you there...

Date	Topic	Speaker/s	Cost
Wed Feb 24 th	Eating for Results - Sports Nutrition What to eat before, during & after training. Supplements, sports drinks, muscle gain, fat loss and much more...	Claire Turnbull	\$30
Wed Mar 31 st	Free yourself, Reach your goals – How to manage emotional eating It's not just what you know about food, it's how, why and when you eat it. Ric Church, psychotherapist and wellness guru is joining Claire to help you battle emotional and mindless eating. You CAN'T miss this one!	Claire Turnbull & Ric Church	\$30
Wed April 21 st	Eating yourself LEAN Time for the body of your dreams. Come and find out how to burn FAT, eat yourself lean and feel fabulous! There are top tips of healthy shopping too...	Claire Turnbull	\$30
Wed May 26 th	Quick and Easy meals for after work Sick of the same old dinners? Rushed and too busy to cook tasty meals? WE have the answers and ideas...and things for you to try and taste too!	Claire Turnbull	\$40
Wed June 16 th	The Energy Injection - Nutrition and Sleep Tired at 3pm? Wish you could jump out of bed instead of crawl with your eyes half shut. Alex Bartle, a specialist sleep doctor joins Claire to help you all eat better, sleep better and feel FULL of beans every day.	Claire Turnbull & Alex Bartle	\$30
Wed July 14 th	Women's Health – Your questions answered If you are female, you NEED to be here! Rene and her MASS of experience and knowledge will be ready to tell you all about hormones, "hot flushes", managing PMT, fertility, endometriosis, PCOS and much more...	Rene Harris	\$30
Wed Aug 18 th	Eating for Results - Sports Nutrition This popular seminar is back again...what to eat before, during & after training. Supplements, sports drinks, muscle gain, fat loss and much more...	Claire Turnbull	\$30
Wed Sept 22 nd	Life is for living – How to live to 100 Maintaining good health, wellness and your independence is the only way to go! Whether you're 20, 40 or 90, come and find out what it is that will help you live a LONG and happy life...	Claire Turnbull & mystery guest...	\$30
Wed Oct 20 th	Get ready for summer.... Let's get that body rocking and raring to go. How to look and feel you're very best this summer. What to eat, how to drink and top training tips for all to enjoy...	Claire Turnbull	\$40
Wed Nov 10 th	Healthy entertaining Be amazed. This is an interactive cooking demo with TOP tips for healthy entertaining. There will be delicious things to taste and try...yum!!	Claire Turnbull	\$30

All seminars will be from 6.30-8pm, location: The Chiller Cafe, Unit 4/114 St Georges Bay Rd, Parnell

Payment before is essential, to book your place today please email info@missionnutrition.co.nz

For more information call Claire on 021 910 540. **Claire** is the Director of Mission Nutrition and the Nutritionist for: Healthy Food Guide Magazine, Millennium Institute of Sport, Newstalk ZB, Easy mix, Air NZ cup rugby