

**If You EAT, DRINK, WORK, SLEEP or BREATHE Then:**



**You Can't Afford to Miss This  
FREE 1-Hour Presentation by  
Renowned Author & Prominent  
Health Practitioner Jennifer  
Jefferies As She Reveals...**

## **The Startling Truth About Everyday Life That Might Be Killing You - And What You Can Do Right Now To Live Healthier, Happier & Longer... Without Losing Your Sanity!**

***Introducing Jennifer Jefferies ND...*** An International business educator, Naturopath, Aromatherapist and sought after speaker in Australia, New Zealand, the United States and Asia... In this special presentation Jennifer candidly exposes the hard facts about today's environment and its toxic influence on your body and your health - and then shares with you her practical real-life strategies for living healthier, happier and longer!

Accomplished author of the book "*7 Steps to Sanity*" - Jennifer is a refreshingly down-to-earth, engaging and informative speaker who'll leave you feeling empowered about the things you can do to ***achieve real balance and health in your life right now*** - rather than feeling guilty about what you're not doing!

**So come along to this FREE 1-Hour seminar and hear first-hand from Jennifer about:**

- How to understand your body's signals and **what you can do to stimulate your body's natural inner healing process!**
- How you can **achieve healthy weight-loss of up to 5kg in just 9 days!**
- How you can **dramatically increase your energy levels** and **turbo-charge your recovery rates!** and
- How you can **boost your immune system to avoid illness and the effects of premature aging!**

Remember... If you're interested in your body & your health then you simply can't miss this once-in-a-lifetime opportunity to learn from this world-class speaker!

**Jennifer's here for one day only - Saturday, 26<sup>th</sup> June  
Palm City Resort - 64 The Esplanade, Darwin.  
(2:30pm Registration, 3pm Start).**

**Seats are filling fast so *CALL NOW* to reserve yours... You won't be disappointed!  
Phone Jenny Spermon on: [0413 270 013](tel:0413270013) or email [jenny@reemon.com.au](mailto:jenny@reemon.com.au)**