

Adversity

How to deal with life adversities...

SEMINAR

Learn about:

- Sandy's story and his coping techniques
- How adversity can lead to Post Traumatic Stress Disorder
- The essential science of the mind
- How to avoid becoming a victim

FREE

FOR OUR MEMBERS AND THEIR GUESTS



Presented by: **Sandy MacGregor**

Sandy MacGregor is the best-selling author of 6 books and multiple CDs and DVDs on how to use scientifically proven mind techniques to form a fundamental basis for coping with adversity. Sandy applied his techniques to find inner strength after the tragic murder of his three daughters and has since used these same techniques to reduce his weight by 22kg and control his blood pressure.

DETAILS:

Thursday March 25th, 7.30pm

Bondi Junction Club

RSVP at Reception or education@elixr.com.au


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EDUCATION

Energise the Body. Calm the Mind.