

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 beginning to suffer?

It doesn't have to be this way! Join us for a [WEL-Systems®](#) based weekend that can make all the difference.

July 15th-17th, 2011

Imagine feeling invigorated, challenged and excited in your work and your life – because they aren't as separate as we think!

Reclaim your health.

Discover how to transcend toxic workplaces and diffuse conflict.

Embrace your personal power and make choices that support your health and wellbeing.

When: July 15th from 6:00 pm to 8:00 pm
July 16th-17th from 9:00 am to 5:00 pm

Cost: \$495.00 plus HST

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

Register: Call 613-230-4888 to register or email mj@scriptec.ca
Maximum 7 participants

Facilitated By:

Kae Roberts: Former police officer, CODE Model Coach™ 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: Physiotherapist, CODE Model Coach™ is an experienced health and wellness professional.

email: anita@alternativephysio.com

website: www.alternativephysio.com

MJ Raymond: Entrepreneur, CODE Model Coach™ has spent many years balancing the demands of clients and employees.

email: mj@scriptec.ca

For more information, contact any of the above facilitators.