

STRIVE *and* THRIVE

POSITIVE LIFE EXPO AND WORKSHOPS

SAT 26TH AUGUST 2017

PROGRAM

10.00 Welcome Speech by Norita Omar

10.20 First Prize Giveaways

10:30 Co-Create Your Health by Linda Blackshaw

11:00 The Healing Power of Plant Medicine by Suzanna Wallace

11:50 Chronic Pain: An Exit Plan by Hilton Chiropractic

12:30 Second Prize Giveaways

12:45 The Power of Emotions by Sonia Barrett

1:35 Your Brain and Water by Martin Ball

2:05 Creating a Chem-Free Home by Pauline Hall

2:25 Gratitude Meditation

2:35 Empowering Mindfulness by Bass Tadros

2.55 How to Destress with Bodytalk by Lina Scott

3:15 Inspired Leadership by Danny Marriner

3:45 Final Prize Giveaways

4:00 How to Bounce Back When SH-T Happens by Norita Omar

4:30 Pre-Launch of Real, Raw, Resilience by Norita Omar

5:00 Thank you & Closing

