



**FREE TALK – WEDNESDAY
5th APRIL 2017
(7.30PM – 8.30PM)**

“ARE YOU HAVING TOO MUCH OF A GOOD THING?”

Most of us enjoy everyday ‘treats’ but when the treats turn into habit and pleasure turns into pain, we need to face the relationship we have with those treats. Motivation to change our unhealthy habits and replacing them with healthy habits can be daunting so come along to this workshop for tips and ideas.



COUNSELLING | COACHING

Free workshop for everyone to attend – bring your friends!

Understanding habits

Motivation to change

Learn about phases of positive change

Feel good about new habits

**Book your FREE TICKET
at www.lotuscentre.com.au**

**POSITIVE MINDS
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