

Wellness Wednesdays @ Remède

Tired of dieting and getting nowhere? Does it seem like just smelling food makes you put on weight?

Win the Weight Loss War!

a seminar with **Jan Purser** - Naturopathic Nutritionist, Food Writer + Author of "Eat Well Cookbook" **Wednesday 16 November - 7:30pm**



Science has uncovered specific genes that can have a significant effect on weight gain and the ability to lose weight. These genes can now be tested using Smart DNA technology, which Jan Purser will discuss in this seminar, together with other tests to determine the underlying causes for your weight problems. Jan will outline practical measures & advice to help you reach your weight goals, as well as how to maintain it for life. Forget the quick fix diets that don't work, come & learn how to master your body and mind to a healthier, slimmer you.

Free - bookings essential to reserve your seat
Call **9286 1166** or reception@remede.com.au

remède
wellness medicine

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