

Does stress impact your health, relationships or performance?

CONQUER STRESS

2 FREE Seminars

Register
Now
Limited
Spaces

Discover how you can develop **Stress Intelligence** -
a unique combination of emotional balance
and mental fitness

StressAce is a research based technique for developing stress control. It has special benefits, including:

- Natural emotional balance and resilience
- Alleviation of deep-seated stress
- Achieving fast and lasting results

Join Helen and Anca at this seminar and learn about the value of these self help techniques for yourself and your children.



Helen Dudney
Education Consultant



Anca Ramsden
Clinical Psychologist

Venue: Ashfield Club
Conference Room,
Level 2, 1 – 11 Charlotte St,
Ashfield

Date: Sunday 20th October 2013

Time: 2.00pm - 3.30pm

Venue: Stanton Library,
North Sydney Library
234 Miller Street,
North Sydney

Date: Wednesday 30th October 2013

Time: 7.00pm – 8.30pm

Register now for these programs: Online at

Ashfield: <http://stressaceoct202013.eventbrite.com>

North Sydney: <http://stressaceoct302013.eventbrite.com>

For more information contact Helen at 0417 208 562



*"I cannot be anxious now
even if I tried"- Journalist*

*"I'm calm in my relationships and
productive at work"- Business Coach*