



Transform your health Transform your life

Learn how to manage and understand:

**Fats, sugars, dairy, grains, soy, organic food,
Women's health and hormones, weight control, mood control,
Supplements, correct choice of exercise, breathing techniques,
Recipes, sleep tips, electro-magnetic fields,
Emotional freedom technique,
Cooking without grains, sugar or dairy.
Demonstrations, samples and handouts.**

**Join our fun workshops on
Saturday 14th March 11:00 -12:30 &
Saturday 21st March 11:00 -12:30**

Cost: £50
for both workshops
Booking is essential as
places are limited.

Call 07836 236 456
or complete a booking
form at reception.



Diane Wilkinson of YOUNIQUE has been practising Holistic Nutrition and Lifestyle Coaching since 2003. She has a wide knowledge of health issues. She is also a Metabolic Typing Adviser and coaches on individual health requirements.