

# HUNTER VALLEY HEALTH CONFERENCE Saturday September 27th

**Hurry Spaces  
limited**

## What Can The Annual Hunter Valley Health Conference Do For You?

- Enjoy improved energy
- Control your weight
- Manage menopause
- Feel happier & healthier
- Enjoy healthier skin
- Avoid heart disease
- Healthier pets
- Better teeth
- Enhance sports performance
- Improved sleep
- Think more clearly

### **Who Should Attend**

*Mums, Dads, Teachers, Physicians, Nurses, Pet Owners, etc*

### **When:**

*Saturday, 27th September 2008 (free parking)*

### **Time:**

*9.00 to 5.00 (8.30am Registration)*

### **Where:**

*Bradford Hotel Conference Centre, Cnr of the New England Highway & Denton Park Drive, Rutherford, NSW, 2320 (On the round-about near McDonalds)*

### **Cost:**

*\$105.00 per person*

*Includes: Morning Tea, Lunch, Afternoon Tea and prizes*

**To book your place visit - [www.corehealthconsulting.com.au](http://www.corehealthconsulting.com.au)**



# Topics for the day

Time	Topic	Speaker	Room
<b>8:30AM</b>	<b>Registration</b>		<b>1</b>
<b>9:00</b>	Opening Address	John Price, Chairperson	<b>1</b>
<b>9:15</b>	Complementary Alternative Medicine What is it all about?	Tammy Farrell, Nutritionist, Reg. Nurse	<b>1</b>
<b>9:30</b>	Weight Loss and Healthy Living	Teresa Mitchell-Paterson, Naturopath	<b>1</b>
<b>10:00</b>	Allergies & Sensitivities	Frank Cooper, Naturopath	<b>1</b>
<b>10:30AM</b>	<b>Break Session</b>		
<b>10:50</b>	Dental Health	Dr Ron Erlich, Holistic Dentist Sydney	<b>1</b>
<b>10:50</b>	Healthy Hearts	Tammy Farrell, Nutritionist, Reg Nurse	<b>2</b>
<b>11:40</b>	Pet Health	Dr Tom Lonsdale, Veterinarian	<b>1</b>
<b>11:40</b>	Cholesterol Solutions	Frank Cooper, Naturopath	<b>2</b>
<b>12:30</b>	<b>Lunch</b>		
<b>1:30</b>	Exercise, the Magic Pill	John Pirlo, Fitness Coach	<b>1</b>
<b>1:30</b>	Naturopathic Pre-Conception Care	Leah Hechtman, Naturopath	<b>2</b>
<b>2:00</b>	Naturopathic Solutions for IBS	Teresa Mitchell-Paterson, Naturopath	<b>1</b>
<b>2:00</b>	Naturopathic Strategies for Health	Leah Hechtman, Naturopath	<b>2</b>
<b>2:45</b>	Yoga and it's Benefits	Gary Davis, Master Yoga Teacher	<b>1</b>
<b>2:45</b>	Fitness & Kinesiology	Russell Waterson, Kinesiologist	<b>2</b>
<b>3:15PM</b>	<b>Break Session</b>		
<b>3:45</b>	Herbs & Essential Oils in the home	Jocelyn Fullerton Naturopath/Herbalist	<b>1</b>
<b>4:15</b>	101 Health Tips	Frank Cooper, Naturopath	<b>1</b>
<b>4:45PM</b>	Closing Session, Raffle	John Price, Chairman	<b>1</b>

## ***To book your place visit - [www.corehealthconsulting.com.au](http://www.corehealthconsulting.com.au)***

People are increasingly using 'Complementary Alternative Medicine' to improve their health and well-being. This could be to identify ways to improve energy levels, reduce weight, reduce stress levels, or attain longevity.

This conference is the first of its type in the Hunter Valley and is designed for our local community to learn about the benefits of Complementary Alternative Medicine. The conference has been designed to answer the questions that many people have when assessing the use of natural therapies or when their health is not at it's optimum. It has been organised by leading natural health practitioners, with the support of the Australasian College of Natural Therapies, an educational college at the forefront for natural medicine.

Book early so that you do not miss out, as seats are limited and this conference will be sold out quickly.

### ***For Inquiries***

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