



*Integrative  
Health Professionals*

## **STRESS – BURNOUT – ADRENAL FATIGUE?** Use Your Own Wisdom to Manage the Western Lifestyle

**Open to the General Public & Interested Health Professionals**

**Wednesday 31<sup>st</sup> August, 7:30pm to 9:30pm**  
**Parnell District School Hall, Gladstone Rd, Parnell**



**The Body/Mind Connection** - The Connection of Stress to the Body and Mind, and How Thoughts Affect Biochemical Reactions in our Body

**Inga von Benzon** - Naturopath, Bowen Therapist at Holistic Health Naturopathic Clinic, Newmarket

**Natural Responses to Stress** – Change the Pattern with Nutrition & Herbal Support

**Carol Eggleton** – Naturopath, Medical Herbalist at Mt Albert Natural Health



**Recharge your Batteries** - Small Steps to Help Break the Stress-Fatigue Cycle

**Kirstin Ball** – Physiotherapist, Peak Pilates and Physiotherapy, St Heliers

**How Our Mind Makes Us Miserable** & How to Take Back Control

**Jenny Devine** M.A. in Consciousness Studies – Leadership Coach & Facilitator



**Date** – Wednesday 31<sup>st</sup> August

**Time** – 7:30pm – 9:30pm

**Where** – Parnell District School Hall, Gladstone Rd

**Who** – General Public & Health Professionals

**Cost** - \$10 cash on the night

**Parking** – street parks available (onsite also)

**RSVP** – [carmel@carmelmurphy.co.nz](mailto:carmel@carmelmurphy.co.nz)

