

**Do you suffer from low mood?
Have you lost your motivation?
Do you often feel tired and listless?
Do you tend to comfort eat?
No energy for exercise?**

We invite you to attend a special seminar...



“ Finding the natural way to lift your mood.”

Patrick Holford, leading nutritionist, psychologist and author of over 30 health books, is seeking **volunteers** to take part in a **free seminar** to discuss low mood and depression, its symptoms, causes and its impact on people's lives. These seminars will also provide information about natural alternatives to drugs and therapy and show you what you can do to help yourself. His latest book 'The Feel Good Factor' is due to be published in January but you can get an early preview of the 10 mood boosting secrets that the book contains by attending this one off seminar.

We are particularly interested to hear from people who are willing to share what is missing in the support options currently available to the huge percentage of people who now suffer with depression, often in silence. This seminar will be held on:

Thursday 22 April
(7.00 - 9.00 pm)
Esporta, 02 Centre,
255 Finchley Road,
Swiss Cottage
London NW3 6LU.

Take the first step to getting back on your feet the natural way
Call Nutritional Therapist and zest4life Coach Mary Walker to
reserve your place :

07791 983 541 0207 624 5286
marywalker@zest4life.eu



*This free seminar
will be run by
zest4life Coach
Mary Walker at:*

Esporta, 02 Centre
Finchley Road
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7.00 - 9.00 pm

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your place on
07791 983541

Patrick Holford's
zest4life