



Lido Wellness Centre would like to invite you to a Healthcare DIY Workshop which will have over 18 practical health tips you can go home and start using immediately.

This is a charitable event where all proceeds will be going to **Holidays for Heroes Jersey**. Holidays for Heroes Jersey is a charity whose aim is to provide a week's holiday on our beautiful island, to any past or present member of our courageous HM Armed Forces that have been injured (either in mind or body), whilst valiantly serving in the line of duty. You can purchase your tickets from the Lido Wellness Centre or online at www.justgiving.com/lidowellnesscentre

We hope you are able to join us in supporting this deserving charitable event and you are able to take away some valuable health tips, as your health is our priority.

Event/Room schedules						
Stress Free Friday	Room 1 - Ciara Ahern	Room 2 - Lorna Jackson	Room 3 - Alyssa Burns-Hill & Daniel Thomas	Room 4 - SDS	Room 5 - Mamma Jones	Room 6 - Marie-Christine Dix & Amanda Bailey
4pm	A Treat for Two		A Breath of Fresh Air	Talk on Skin Treatments + 45 Min Demo 3D Lipo Machine	Juice Seminar - 30mins	Stress 101 - MCD
4.30pm		Acupuncture for headaches, anxiety & Stress relief	Alyssa - Sleep Seminar			Functional movement pattern analysis of the golf swing - AB
5pm	A Treat for Two		A Breath of Fresh Air			Stress 101 - MCD
5.30pm		Acupuncture for headaches, anxiety & Stress relief	Alyssa - Sleep Seminar	Talk on Skin Treatments + 45 Min Demo 3D Lipo Machine	Juice Seminar - 30mins	Well-being Seminar - AB
6pm	A Treat for Two		A Breath of Fresh Air			Stress 101 - MCD
6.30pm-7pm		Acupuncture for headaches, anxiety & Stress relief	Alyssa - Sleep Seminar		Juice Seminar - 30mins	Functional movement Patten analysis of the golf swing - AB

Event 13th February 4pm-7pm & 14th February 10am -5pm

Wellness Saturday	Room 1 - Ciara Ahern	Room 2 - Lorna Jackson	Room 3 - Alyssa Burns-Hill & Daniel Thomas	Room 4 -SDS	Room 5 - Mamma Jones	Room 6 -Marie-Christine Dix & Amanda Bailey
10am	`Useful Tools`		Alyssa- Weight Loss Seminar	Talk on Skin Treatments + 45 Min Demo 3D Lipo Machine		Well-being Seminar - AB
10.30am		Acupuncture for day to day pain relief	A Breath of Fresh Air		Juice Seminar – 30mins	The power of posture - MCD
11am	A Treat for Two					Posture Checks -MCD
11.30am		Acupuncture for day to day pain relief	Alyssa -Anti Aging talk	Talk on Skin Treatments + 45 Min Demo 3D Lipo Machine	Juice Seminar - 30mins	Functional movement pattern analysis of the golf swing - AB
12am	`Useful Tools`		A Breath of Fresh Air			Posture Checks - AB
12.30am		Acupuncture for day to day pain relief	Alyssa- Weight Loss Seminar		Juice Seminar - 30mins	The power of posture - MCD
1pm			A Breath of Fresh Air	Talk on Skin Treatments + 45 Min Demo 3D Lipo Machine		Posture Checks -MCD
1.30pm			Alyssa -Anti Aging talk		Juice Seminar - 30mins	Well-being Seminar
2pm	A Treat for Two	Acupuncture for day to day pain relief				
2.30pm			Alyssa- Weight Loss Seminar	Talk on Skin Treatments + 45 Min Demo 3D Lipo Machine	Juice Seminar - 30mins	Functional movement pattern analysis of the golf swing
3pm			A Breath of Fresh Air			Posture Checks - AB
3.30pm	`Useful Tools`		Alyssa -Anti Aging talk		Juice Seminar - 30mins	
4pm		Acupuncture for day to day pain relief	A Breath of Fresh Air			Posture Checks -MCD
4.30pm-5pm	A Treat for Two		Alyssa- Weight Loss Seminar		Juice Seminar - 30mins	Well-being Seminar

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Alyssa Burns-Hill

Dreaming of Sleep?-Good quality sleep is a problem for most of us. You don't have to go onto sleeping pills, learn some key points about things that can affect your ability to sleep and what you can do to improve your sleep successfully, within days. Sleep is a very health-giving activity, when you're not getting it you and your loved ones suffer!

Are Your Hormones Hijacking Your Weight Loss? - Weight loss is not all about counting calories and exercising in order to boost your metabolism. Learn why you get sugar cravings and how to beat them, learn why and how you may be sabotaging your own efforts as well as simple tips to help you overcome the problem areas. Weight loss is a physical, mental and emotional process that can't be overcome when you eat for comfort, for entertainment or because you're bored!

Anti-Ageing Strategies: Inside Out Ageing is mainly thought of as how you look on the outside and that's something that's worth concentrating on, but do you feel that the cosmetic approaches need some help? Do you have dry skin, brittle hair and nails, loss of muscle mass, achy joints, constipation or even a lot of stress in your life? If you've said yes to any of these come and learn why they matter in your anti-ageing strategy and how you can improve your skin, hair, joints, nails and have more energy to feel great!

Daniel Thomas

A Breath of Fresh Air: – studying how we breathe

Breathing is something we all do naturally and unconsciously, but it is also one of the most complicated actions we perform.

Taking chemicals from the outside environment and delivering them to every cell in the body is achieved by at least 26 named muscles crossing about 48 joints. This level of complexity means there are many different ways of breathing, some better than others. No holistic approach to healthcare is complete without an assessment of breathing mechanics.

This session will look at what happens when we breathe, ways of good and bad breathing, and the effects it can have on our posture, blood chemistry, emotions and symptoms of disease.

The talk will be interspersed with several practical exercises to help understand normal breathing mechanics, to assess your own breathing, and to explore other, intriguing ways of using your muscles of respiration. Daniel will get your diaphragm dancing!

Lorna Jackson

Workshop on de-stress to: - Acupressure for headaches, anxiety and stress relief.

Learn useful day-to-day tips and techniques to help decrease your headaches and manage your daily stressors.

Acupressure for day-to-day pain relief: - Learn useful day-to-day tips and techniques to help manage your pain and take back control of your health.

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Ciara Ahern

'A Treat for Two' - Is your partner overstressed these days? Has body pain and tension become an integral part of your spouse's day-to-day life? If you connect to these questions, I have the solution for you. Before the discovery of pain relieving medicines, heat pads and numerous biochemical balms, humans treated their sore bodies through massage. So, give your partner the gift of massage, driving all those woes away.

'Useful Tools' - You work hard all week and when the weekend comes all you want is to get out and enjoy your sport or spend time with your family. But you feel uncomfortable! You have an ache in your neck or back, or both, and you can't seem to fully enjoy what you'd like and end up feeling tired and miserable. Sound like you? Then despair no more! I will show you a few handy tips on how to help alleviate those niggles with everyday items we all have lurking around our house and garage.

Amanda Bailey

Functional movement pattern analysis of the golf swing, empowering yourself to well-being seminar & free posture checks

Marie-Christine Dix

Stress 101: Cause, Symptoms & Coping Strategies

Everyone seems to know what "stress" is when they read or hear the word. It does not in fact have a single meaning, for it can encompass any real or potential stimulus to the body or mind which is deemed noxious or unpleasant in nature. Stress falls under three categories physical, chemical or emotional and no two people react to stress in the same way. Would you like to learn more about what causes stress, and how you can manage the effects of it and learn to cope better? We live in a world where stress is inevitable, be it from work, family, friends, health but it doesn't mean it has to make us ill or not enjoy life. Learn easy tools to recognise and help yourself today, lets thrive not just survive 😊

The power of posture

Your posture isn't "only" about how you stand or sit and the impact "bad" posture has on your spine. It gives clues to other people looking at you about who you are as a person and can affect their first impression of you in a positive or a negative light. Want to know more about A) How to improve your posture for good spinal health? B) How to improve others first impressions of you? C) How posture can improve your breathing? D) How altering your posture slightly can reduce even chronic pain and prevent osteoarthritis in the future? Then this talk is for you. I look forward to seeing you soon 😊

Mamma Jones

Juice seminar - Nikolett Jones may be a familiar name to you. The Hungarian Health and Lifestyle Coach has been helping busy mums transform their health and lifestyle on a global scale. Nikolett will be holding workshops during our DIY weekend, and will be giving a Juicing 101 Workshop.

SDS

Talks on Botox/fillers and the importance of looking after your skin and demos of the 3D Lipo Machine

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