

BETH SUTHERLAND –Women’s Health Featured Guest Speaker

The *Centre for Healthy Living* is pleased to have Beth join us for two engagements. She’s the keynote speaker for the next *Women’s Health & Wellness Series* event on **Thurs. Oct. 29th** at Old East Studios. Then she will also present on the **“Mind-Over-Weight” Program** in a webinar planned for **Monday, November 16th** at 12:45 p.m.

Women’s Health & Wellness Series

Thurs. Oct. 29th, 8:30 – 9:30 p.m. at Old East Studios

Topic: “It’s All in Your Head Success Formula”

Imagine, if you can, living a happy and fulfilling life where success comes easy. Beth Sutherland’s **“It’s All in Your Head Success Formula”** is based on the concept that an enhanced sense of wellbeing can be achieved through positive thoughts and emotions which create a higher vibration. “Everyone has the ability to focus their attention in ways that attract a blissful feeling of contentment.” Beth’s strategy, gleaned from several masters of motivation and self-help gurus, is a must-hear!

Women’s Health & Wellness Series

Mon. Nov. 16th, 12:45 – 1:45 p.m.

Webinar Topic: “Mind-Over-Weight Program”

Imagine knowing that the struggle to return to your comfortable “youthful” weight was in a sense a figment of your imagination! How much of a stretch is it for you to believe that negative thoughts about yourself are blocking your success? **Beth Sutherland**, Empowerment Coach and creator of the highly successful **Mind-Over-Weight program** is raising a lot of awareness about what exactly is going on in your head. She refers to this in her **“It’s All in Your Head Success Formula’** talks including the Oct. 29th talk.

In Beth’s webinar, reference will not be made to diet or exercise. She will be concentrating on the part of the brain where negative self-talk or beliefs passed on by others, are actually stored on a cellular-level and are re-charged every time we have those same thoughts or buy into the beliefs of others.

Beth says: “Mind-Over-Weight will teach you how to be aware of the thoughts that have brought to where you are today. We will reframe and release them from the cellular level and replace them with the thoughts, emotions and feelings that will allow you to not only get to your goal weight, but also keep you there!

The formula is drug free, painless and effective for more than just weight. Once you grasp the concept the All In Your Head Success Formula can be tweaked and applied to achieve other goals and desires too.

An open mind and a willingness to make a change in focus is all that is necessary for your weight and fitness goals to be a reality! You can achieve success, what are you 'weighting' for!??”

For more info, please call 519-680-2884 or email: centreforhealthyliving@rogers.com