

Protecting My Wellbeing

All seminars include refreshments. For more detail on each seminar see our website www.sanctuary.sanitarium.com.au. Numbers are limited so register your interest early by phone 9506 0400 or email info@sanctuary.sanitarium.com.au

Living With Someone Suffering From Depression

Tuesday 5th October, 6.30pm-8pm

(90 mins) \$95.00

Paul Bogacs is a counsellor who specialises in dealing with clients with depression. He teaches in a post-graduate counselling program and is passionate about helping people understand the facts about depression and equipping them to support those they love suffering with depression.

Strategies For Successfully Managing Anxiety

Tuesday 12th October, 6.30pm-8pm

(90 mins) \$95.00

Around 10% of Australians suffer from an anxiety disorder. Many more suffer from anxiety symptoms at some point in their lives. Paul will provide helpful strategies for managing these debilitating symptoms.

The Fertility Diet

Tuesday 19th October, 6.30pm-8pm

(90 mins) \$95.00

Sue Radd, clinical Dietitian, author and researcher has extensively studied the link between diet, weight zones and increased fertility chances. Before you try IVF, it is worth giving these strategies a go. Bring your partner as well.

How To Beat Insomnia

Tuesday 26th October, 6.30pm-8pm

(90 mins) \$95.00

Do you have trouble getting to sleep, staying asleep or waking too early? Insomnia can have negative consequences not just for your mental health but your physical and emotional health as well. Learn practical strategies and enjoy deep restful sleep once again.

Living With Diabetes But Symptom Free

Tuesday 9th November, 6.30pm-8pm

(90 mins) \$95.00

Sue Radd, clinical Dietitian, will unpack the big five lifestyle changes that can give you the ability to control diabetes and prevent further health deterioration.

Freedom From Emotional Eating

Tuesday 16th & 23rd November, 6.30pm-8pm

(2 x 90 min seminars + 2 x 30 min consults) \$290.00

Identify and explore emotional eating, what causes it and satisfies it. Determine if you are an emotional eater and identify possible triggers. Learn some tools to help you break the emotional eating cycle and discover real hope for achieving your weight goals. Facilitated by both a Counsellor and Dietitian.

Crowded Loneliness

Tuesday 30th November, 6.30pm-8pm

(90 mins) \$95.00

Do you have a large social circle but still feel alone? Despite the advances in communication technology, more and more of us struggle with a growing sense of disconnection. Through this seminar, Paul Bogacs, a relationships Counsellor, provides tips for improving your interpersonal relationships and community contribution - no matter what your social network.

Enhancing My Wellbeing

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Live Longer, Younger, Better

Monday 27th September, 4pm, 5pm, 6pm

(45 mins) \$50.00

Dan Buettner is a USA based longevity expert. Learn from his extensive research on populations around the world that have cracked the longevity code! You will be amazed by the secrets of the longest living people groups, that can be adopted by all of us through simple lifestyle adjustments.

Don't Worry, Be Happy

Wednesday 20th October, 6.30pm-8pm

(90 mins) \$95.00

Dr Darren Morton takes you on the pursuit of happiness - drawing on the innovative findings of the positive psychology movement, explore how you can discover more joy in your life no matter the circumstances of your life.

Stand Up, Sit Down, And Keep Moving

Wednesday 17th November, 6.30pm-8pm

(90 mins) \$95.00

Dr Darren Morton, a dynamic Exercise Physiologist, will lead an interactive session to inspire people to move more, overcome barriers to physical activity and to celebrate the benefits of being more active.

5 Secrets For Feeling Fantastic

Wednesday 1st December, 6.30pm-8pm

(90 mins) \$95.00

Dr Darren Morton shares his insights on how you can be hard-wired for health, happiness and higher living. Learn a practical approach to living life to the full.

Executive Lunch Bites

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Why You Do What You Do

Thursday 14th October, 12.30-1.30pm

(60 mins) \$95.00

Dr Darren Morton explores the recent developments in neurophysiology that provide fascinating insights into what drives our behaviour. Learn why you are motivated for some things, not for others, and what you can do about it.

Marriage Or The Job?

Thursday 11th November, 12.30-1.30pm

(60 mins) \$95.00

Using some of the latest research, Paul Bogacs will make suggestions as to what busy people need to do to nurture their intimate relationships.

Executive Athletes

Thursday 9th December, 12.30-1.30pm

(60 mins) \$95.00

Dr Darren Morton will draw the parallels between elite athletes and senior executives who are successfully able to maintain high energy and performance in their career over the long term. Darren will introduce you to rituals that elite athletes have long known about and the importance of 'recovery'.