

Me, Myself & I

An Evening Just For You

Thursday 14th October
Lexden Wood Golf Club

Enjoy a glass of wine and canapes whilst listening to inspirational talks by
Lifehouse & GMTV's resident Life Coach, Pete Cohen
Lifehouse Naturopath, Sue Davis, consultant to the stars
Margaret Fleming of "Fleming Marvellous", Corporate Stylist & Image Consultant

Opportunity to explore a range of treatments and therapies

Indulge in some retail therapy ranging from designer jewellery,
clothes, cosmetics to accessories

Tickets £20.00, see overleaf for details
Licensed bar

Brought to you by Headway Essex - Brain injury care and support





Pete Cohen



Life Strategist, Life Coach, human behaviourist, motivational speaker and best selling author, he has been GMTV's resident life coach for 12 years.

His fun, motivational techniques and strategies are used in a way to help people control their own well being and realise their full potential.



Sue Davis

Sue is a renowned Naturopath who has worked with celebrities and royalty, guiding many people to better health and a more enriched life.

The naturopathic approach seeks to stimulate natural healing through the use of education, lifestyle correction, flower remedies, herbs, supplements and the concept of food as medicine.



Margaret Fleming

Margaret is a Corporate Stylist and Image Consultant. Looking 10lbs slimmer, 10 years younger and having a wardrobe full of clothes that you can wear, Margaret will share hints & tips on the message you send out by the clothes that you wear and how your personality shows through whenever you get it right.

"Know first, who you are and then adorn yourself accordingly" *Epictetus*

Location: Lexden Wood Golf Club, Baker's Lane Colchester, Essex CO3 4AU

Date: 14th October 2010

Time: Doors open at 6.30pm and the first talk will begin at 7.30pm. Wine and canapes will be served from 6.30pm. The event will finish at 10.15pm.

Tickets available from:

Headway Essex Town Office 58b Head St, Colchester, Essex, CO1 1PB

Tel: 01206 547616 Email: fundraising@headwayessex.org.uk
www.headwayessex.org.uk/fundraising

Cheques with s.a.e made payable to Headway Essex



**HEADWAY ESSEX
BRAIN INJURY CARE
AND SUPPORT**

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