



Join Meg Phillips of Balance4Life Programs for an evening talk about how to Step into Wellness, improve your motivation and make deep & lasting changes at the subconscious level.

Diabetes Type 2

Australia has one of the fastest growing rates of Diabetes Type 2. Obesity related, it can be successfully treated in the early stages by reducing weight and increasing activity. However, many people lack the motivation to do either on their own. Left untreated it can lead to coronary artery disease, kidney disease, blindness and other life threatening diseases. Using effective techniques, developed by Devin Hastings, (a respected Hypnotherapy Educator), we offer either a Wellness Coaching program or the innovative Virtual Gastric Band Program.

Cardiac Event

"If you look at people after coronary artery bypass grafting 2 years later, 90% of them have not changed their lifestyle. Even though they know they have a very bad disease & they know they should change their lifestyle, for whatever reason, they can't".
Dr Edward Miller, Dean & CEO of John Hopkins University Hospital.

Using NLP based coaching, Hypnotherapy and stress management techniques clients at Balance4Life are able to make positive & powerful changes that enable them to establish new, healthier habits and a more helpful mindset.

Weight Reduction

The Virtual Gastric Band Program is not a magic wand, but it does provide a non surgical alternative for clients who need to reduce weight. Using hypnotic suggestion, cognitive behavioral techniques and advanced NLP coaching, this 4 session program is a safe and cost effective alternative.

There are no diets to follow, no foods to buy - the program supports the client who makes a commitment to listening to a CD on a daily basis and to undertake regular activity.

Suitable for most age groups, including adolescents.

(parental permission & medical guidance required)



Register now for the Step into Wellness Information Evening.

Tuesday, February 21st : 7pm – 8pm

Information and Registration: info@balance4life.com.au or call Meg 8562 2236

\$10 entry - Bookings are essential as there is limited seating

Door Prize- Gold Membership Fees - valued at \$250