

BRAIN FITNESS - Full Day Training



THINK SMARTER &
FEEL HAPPIER!

TRAIN YOUR BRAIN,
CHANGE YOUR RESULTS

Join Jill Hewlett, Brain Fitness Expert and Neuro Health and Fitness to learn about your brain and its ability to learn easily, develop new skills, alter behaviour and improve performance at every age... with the right tools.

Brain Fitness will rewire and develop your brain for greater results, physically, mentally, emotionally and functionally. With a "Fit" brain, you can achieve optimal performance with immediate, progressive and measureable results!

Learn how to:

- ✓ Develop greater interpersonal and communication skills
- ✓ Enjoy more energy, restful sleep, less stress and enhanced cognition
- ✓ Engage in simple and fun ways to assist children of all abilities
- ✓ Draw out and engage each unique personal learning profile
- ✓ Learn quick tools for self care and self management
- ✓ Make better choices and problem solve effectively
- ✓ Move from stress to balance anywhere, anytime
- ✓ Learn a 3 minute daily Brain Tune Up!



Saturday April 8, 2017
Neuro Health and Fitness,
80 Micro Court, Suite #100, Markham

Early Bird Special: \$125 until April 1, \$149 regular
Time 8:30 am Registration, 9:00 - 5:00pm Course
Tickets sold in advance at info@neuroplay.ca

Jill Hewlett, Brain Fitness Trainer

Jill is a nationally recognized speaker, author and wellness expert. Licensed in the field of Educational Kinesiology for almost two decades, she has the skilful capacity to draw out the natural leadership in individuals and organizations to support them in reducing stress and achieving greater levels of efficiency, work life balance and success. You will be empowered to achieve greater results in all areas of life. www.jillhewlett.com

Be educated, inspired and gain effective tools you can use immediately!

 905-233-7215