

Together with



Share the secrets to..

Getting Better With Age

The Presenters

Tony Skinner



Tony Skinner is a leading health & fitness coach with over 24 years experience in conditioning, strength & fat loss. Owner of 'Body Renovations' and 'Action Angels' Tony is well known for getting results with those committed to making a lifetime change. As a multiple business owner and family man, he understands the challenges associated with getting & staying lean & healthy

Andrew Jobling



Andrew Jobling played senior AFL football for the St Kilda Football Club. He has over 20 years experience in educating, mentoring, speaking, business development and health & wellbeing

Andrew is the author of the bestselling 'Eat Chocolate, Drink Alcohol and be Lean & Healthy' and is a dynamic and inspirational speaker who spends his time sharing the secrets that have changed countless lives

A workshop to inspire you to renovate your mind & body to last a lifetime

Would you like to be leaner, fitter, healthier and have more energy? Would you like to live a long happy and prosperous life?

These are really dumb questions aren't they?

In this simple, fun and practical workshop you will learn the secrets to create amazing things in your world and maintain them forever.

Come on a journey with **Tony & Andrew** as

they will show you just how simple it really is to create life long wellbeing and even enjoy the process.

Whilst Tony is a super bootcamp trainer and Andrew is an ex-AFL footballer this is not a hardcore, 'no pain, no gain' type workshop!

Tony and Andrew will help you create a vision for your future, remove those things that have previously held you back from achieving what you

want and then help you put together a simple game plan that will lead you to the results you have always wanted with your body, mind and soul.

If this sounds like it would be valuable in your life then

BOOK NOW!



The Session:

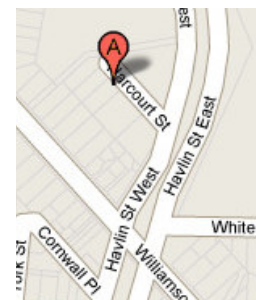
After this entertaining, inspiring and empowering workshop you will walk away feeling confident that:

1. You will know what has previously held you back from achieving the wellbeing results you have always wanted
2. They will never stop you again
3. You know exactly what you want **and** why
4. You have the mindset and understand what you need to do to create long term change
5. You can easily apply some simple exercise and eating habits into your already hectic life
6. You can maintain it forever

The Details:

WHEN: Saturday July 18, 9:30am-1:30pm

WHERE: Peter Harcourt Services



7 Harcourt St,
Bendigo

COST: \$197 or \$147 if you book and pay by June 30 (includes snacks & lunch).

BOOKING: There are limited spots available so book now through;

www.andrewjobling.com.au/store.php#Renovate