

August 2007 Rodney newsletter



Sadly, many of you had households in chaos with continuing power loss on the evening of last month's event. Many of you had RSVPed and yet were unable to make it on the night. We commiserate with you. Some I have heard have had up to 6 days without power and

only those in the rural areas can fully appreciate all that means in regards to water supplies etc. Not to mention work issues. Hopefully, you are all up and running now and recovered from the aftermath of 'the storm'! You'd think it could have waited till after the school holidays!!

This month we have a specialist speaker on Women's nutrition, hormone and weight issues. A woman who has a passion for getting the truth out there, how refreshing to hear someone tell it how it is! Go to www.herbusinessodney.co.nz and RSVP now.

Next Event

8 August 2007

Jacquie Dale



Jacquie Dale has been a practicing nutritionist for ten years. She has assisted thousands of people internationally from the morbidly obese to top elite athletes. Jacquie specialises in weight-loss and hormonal health for women. She regularly writes a wellness column for Her Magazine and presents to corporates, sports clubs and special needs groups. Jacquie runs a busy clinic on

Auckland's North Shore called Real Nutrition, clients travel from all over New Zealand for Nutrition coaching at Real Nutrition.

A Certified fitness instructor and personal trainer, Jacquie has been studying Nutrition and Wellness for over 10 years, including Sports Performance Nutrition through the International Sports Sciences of America. She gives advice to women stop fad dieting, start exercising and find a nutrition coach, she believes almost all disease is caused through poor nutrition and lack of exercise.

Come ready with your questions and to be inspired!

Where:

Orewa Rotary Rooms next to the Memorial Hall in Silverdale

When: Wednesday 8th August 2007

Time: 6 pm sharp– 9 pm finish

RSVP: Monday 6 August 2007

Cost: \$30 members \$40 non members

NB. For catering purposes payment must be received prior to the meeting.

STEP 1: BOOK FIRST

www.herbusinessrodney.co.nz and click on the RSVP link

STEP 2: PAY

Direct credit to :

Westpac
03 0114 0425656 00

Your name and company name must be in the reference

Cheques:

Made out to 'Her Business'
Send to:
Christina Galvin
Mums the Word
28 Sundown Ave
Whangaparaoa

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