



Dr. Ron Ehrlich



FEBRUARY 2019

EVENING PRESENTATION

Thursday 21 Feb @ 7.00pm

GOLD COIN DONATION - Venue: [Top Pub @ 27 Bridge St. Uralla](#)

[Book for Seminar \(CLICK HERE\)](#)

ALL PROCEEDS TO SNE LANDCARE



Evolution Bites Back

Explores four key drivers of human success throughout our evolution that have come back to challenge us in our modern world which include: * our response to stress * understanding the consequence of inflammation * our relationship with food * our ability to communicate

WORKSHOP DATE: Saturday 23 Feb 10.00am - 4.00pm

VENUE: Uralla Community Centre, 9 Hill St, Uralla

[Book for Workshop \(CLICK HERE\)](#)

ALL PROCEEDS TO SNE LANDCARE

Duration: 1 Day | Registration fee: \$40 Landcare members - \$50 non-members (Morning tea & light lunch included)



UNSTRESS

SIMPLY BE WELL

Unstress & Simply Be Well

- * Explore why health messages are so confusing and often contradictory
- * Identify what the five stressors in our modern world that compromise our immune system and drive chronic inflammation (emotional, environmental, nutritional, postural and dental stressors)
- * Focus on the five pillars of health & wellness (sleep, breathe, nutrition, movement and thought).

The key is to identify & minimise the stresses, build physical, mental and emotional resilience, enabling you to take control and be the best you can be