

# NATURAL EYE CARE SEMINAR

## SUNDAY 3RD APRIL 2016 at NOVOTEL, CENTRAL

169-179 Thomas St, Sydney



Registration 8.30am

Introduction 8.45am Jenny Livanos HOLISTIC OPTOMETRIST/NUTRITIONIST

9 am to 9.45am Regina Lasaitis MEDICAL HERBALIST TREATING STRESS NATURALLY

9.45 to 11.00am Carina Goodrich NATURAL VISION IMPROVEMENT INSTRUCTOR

Session 1: NATURAL VISION IMPROVEMENT. Most people take poor eyesight for granted even if in good health in every other way. Learn how and why your eyesight can change for the better, whether you are short-sighted, long-sighted, have astigmatism or over-40s reading blur.

Topics will include; underlying causes of visual blur, understanding your lens prescriptions, personality and vision types, some amazing facts about eyesight, and learning about vision improvement activities.

11am to 11.15am Morning Tea Break

11.15 to 12.45pm Carina Goodrich (continues)

12.45 to 1.15pm Lunch

1.15 to 2.30pm Carina Goodrich Session 2: PREVENTING AND REVERSING OVER-40's READING BLUR

Why do most people with otherwise healthy eyes need reading glasses after 40 years of age? Like the rest of the body, the flexibility and functionality of the eyes can be maintained into later life with a few regular activities and some attention to lifestyle. Carina will teach simple activities to reverse or prevent over-40s reading blur, and discuss the physical and mental factors involved.

2.30 to 3.15pm Jennifer Chea BEHAVIOURAL OPTOMETRIST

NATURAL WAYS TO IMPROVE YOUR PERFORMANCE - PERCEPTION, CO-ORDINATION, BRAIN SKILLS AND VISUALISATION

3.15 to 4.00pm James Sleeman BEHAVIOURAL OPTOMETRIST

A JOURNEY THROUGH LEARNING DIFFICULTIES, BEHAVIOURAL OPTOMETRY AND SELF-EXPERIMENTATION - GIVING PEOPLE OPTIONS THEY NEVER KNEW THEY HAD

4.00 to 4.15pm Afternoon Tea Break

4.15 to 5pm Lynn Craven Naturopath NATUROPATH

NATURAL WAYS TO IMPROVE EYESIGHT THROUGH DIET, SUPPLEMENTATION AND LIFESTYLE

5 to 5.15 Question Time

5.30 Conclusion

Carina Goodrich, our key-note speaker is available for private consultations - call to book - spaces filling fast!



CONCORDE EYECARE

*Looking after your eyes, naturally*

87659600

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