



## Who has time to Relax and let alone Eat Well?

Does cooking and relaxing have to be a chore?

Brisbane North business owners Kirsty O'Callaghan from Mango Hill and Louise D'Allura from Chermside West have teamed up to share the secrets to de-stress, feel better and eat well in a Webinar on Wednesday 18 September 2013 at 7pm (Brisbane time).

"While it may seem counter intuitive to take time out when you're overwhelmed, that is exactly what we need to do. In this day and age of being too busy to take time out or eat well our physical and mental health is suffering. Current research is supporting this finding." said Kirsty.

As the owner of Unity Qld, a Resilience and Relationships expert Kirsty is well versed on the benefits meditation and relaxation. Kirsty has been teaching proper relaxation and medication techniques for over 15 years and runs a regular meditation and relaxation group at North Lakes each Tuesday at the Evergreen centre.

"I see it every week – people start to feel happy, healthier, reduction in pain and illness, and more centred bit by bit," said Kirsty.

These mindfulness techniques links in and supports every aspect of our busy lifestyles including getting healthy food on the table each day.

Home Economist and Professional Organiser Louise D'Allura from Meal Planning Your Way has seen this time and time again.

"We've all been there – when we're overwhelmed and stressed, we keep pushing through and neglect the very practices that are scientifically proven to reduce our stress levels, tiredness and overwhelm around day to day routine. Sometimes the quick choices we are making can be causing chaos in our home. I want to show cooking doesn't have to be a chore and there are simple things we can do to get healthy food on the table even when we are too busy. " says Louise

"Eating well and making time to take time out is key in our busy lives. We have to be mindful of what our body tells us before we hit the wall from exhaustion and burn out." Said Louise.

These foundational elements are the focus of the Webinar "Relax on Wednesday 18 September 2013 at 7pm. If you'd like to learn how to:

- Relax to reduce stress levels and increase your daily calm
- Boost your immune system

- Make meal planning and evening meal preparation quicker

Kirsty and Louise will share with you simple and effective techniques that transform your health, pantry and energy to get you back on track and get your spark back!

Visit <http://unity-qld.com.au/webinar-events/> for more information and to book.

### **Contacts**

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