

Community Collaboration - Cape Town



5 February 2020	My 20 Health Tips for 2020	Dr James Liddell M.Pharm PhD
6 february 2020	Joy Rutenberg	success is achievable, no matter what
19 February 2020	2020 The Year Of Self	Shelley Wyndham Transformational Life Coach
20 February 2020	Ronel Jooste	'Start your own business and become financially free'
4 March 2020	Stop Stressing Now - DIY stress release tools	Helen Hansen Wellness Practitioner & Kinesiologist
5 March 2020	Karen Hollman	Disability in the work place
18 March 2020	I don't know what to eat anymore – my digestive system is in a mess – leaky gut	Dr James Liddell M.Pharm PhD Integrative healthcare
19 March 2020	Prakashnee	How to identify and help get a better healthier relationship to money
1 April 2020	Be the rocket fuel to propel yourself to your financial freedom	Shelley Wyndham Transformational Life Coach
8 April 2020	Karen Wessels	Discover the depths of your confidence this year through these 4 easy sales tools
22 April 2020	Turbo yourself to Optimal Health Naturally	Dr James Liddell M.Pharm PhD Integrative Healthcare
23 April 2020	Karin Lawrenz	RECOGNITION : SELF WORTH / SELF LOVE / SELF ESTEEM and how it effects you moving forward in your personal life and business.
6 May 2020	Tips for emotional balancing - Bach flower remedies	Helen Hansen Wellness Practitioner & Kinesiologist
7 May 2020	Sharyn Driver	" The Rules of the Mind" and how we can apply these rules to find our Inner Power.
20 May 2020	Chronic fatigue - I am always tired and don't know what is wrong with me	Dr James Liddell M.Pharm PhD Integrative Healthcare
21 May 2020	Julia Falken	transition from Educator to Entrepreneur.
4 June 2020	Sharon Webb	Women on Finding their personal Truth and Living it unapologetically.
10 June 2020	Start your day stress-free – incorporate mindfulness into your daily routine	Shelley Wyndham Transformational Life Coach
24 June 2020	My sex drive is gone - Sugar causes havoc with estrogen and testosterone	Dr James Liddell M.Pharm PhD Integrative Healthcare
8 July 2020	Is your workplace making you sick? Let's talk about Occupational Health	Karen Hollman (RN.RM.OHNP) Occupational Health Practitioner
9 July 2020	Marriet Visser	Become your best Ally
22 July 2020	How To Keep Your Heart Happy and Healthy	Dr James Liddell M.Pharm PhD Integrative Healthcare
5 August 2020	Raising Emotional Intelligence for a healthier happier life	Sharvn Driver EFT – Emotional Freedom Techniques Practitioner RTT Rapid Transformational Therapy Practitioner
6 August 2020	Margaret Hirsch	"How to start and run a successful business in SA"
19 August 2020	Check your hormones and reclaim your life – women's health	Dr James Liddell M.Pharm PhD Integrative Healthcare
3 September 2020	Collette Merritt	Importance of Self-Leadership
9 September 2020	Turn on that weight loss switch -Why BPA's (disrupting plastics)	Dr James Liddell
23 September 2020	Managing Chronic Conditions and Disability in the workplace	Karen Hollman (RN.RM.OHNP) Occupational Health Practitioner
1 October 2020	Jason Sandler	Who wants balance in their life?
7 October 2020	How to Reduce Your Risk for Breast Cancer Naturally	Dr James Liddell M.Pharm PhD Integrative Healthcare
21 October 2020	How to live healthy the Simply healing way - how to diagnose your symptoms and treat them naturally	Karren Wessels
4 November 2020	Mens health – The 5 big killers	Health Coach Integrative Healthcare
5 November 2020	Dr Saumya T Gautam (mrs india SA)	Motivational Guidance
18 November 2020	TBC	Shelley Wyndham Transformational life Coach

Motivational speakers	FREE - 5.30 / 6pm until 7pm Tea / coffee / drinks / snacks will be for sale
Wellness Wednesdays	R 50-00 entry 6.30 / 7pm until 8 pm Tea / coffee / drinks / snacks will be for sale



Venue:

Mountain Manor Guest House & Executive Suites - 17 Breda Street, Gardens, Cape Town, 8001 info@mountainmanor.co.za

www.mountainmanor.co.za