

YOU HATE YOUR BODY  
YOU'VE JUST STARTED ANOTHER DIET  
YOU FEEL CONSTANTLY TIRED  
YOU THINK YOU'RE GOING CRAZY



Teya Antonio-Wright as seen on  
Channel 9 Celebrity Overhaul

# Looking Good, Living Well it's time to liberate yourself!

**Venue:** Carlton Crest Hotel, 65 Queens Road Melbourne

**Time:** 9.00 am - 6.00 pm

**Date:** Saturday, 12th March 2005

**Cost:** \$65 which includes:

- 3 dynamic speakers
- morning tea
- live entertainment from international singer and songwriter, Abbie Cardwell
- fashion parade from Vivianne's Collection Australia Pty Ltd
- fantastic raffle prizes including a glamour photographic session with Port Melbourne Photography worth \$300



Wine and Food Tasting from 5.00 pm - 6.00 pm



book online at [www.ticketek.com.au](http://www.ticketek.com.au) or 132 849

\* if purchasing through Ticketek, prices include GST and Booking Fees.  
Transaction fee may also apply.

*eyeliner events*  
giving women definition



## Abbie Cardwell - International singer and songwriter

Winner of the prestigious 2004 Kauai Music Festival songwriting competition. Abbie Cardwell has supported the likes of the Waifs, Tony Joe White, Xavier Rudd, Steve Earle and the Dukes, Martha Davis, as well as David Knopfler (Dire Straits) in Germany.



## Goal Setting

Vesna Grubacevic - BEc, NLP Trainer, PhD(c)

Vesna has a proven track record of personally assisting clients to achieve their professional and personal goals... and fast! Vesna will guide you through a unique goal setting process that will both inspire and motivate you to take action towards living a more fulfilled life. Her expertise, experience and passion for empowering others to tap into their full potential is reflected in the exceptional results she achieves with her clients. Vesna is a sought after speaker, having been invited to share her passion and expertise at business, health and educational seminars and expos.



## How to Heal Your Body and Mind

Teya Antonio-Wright - Transformational Therapist

Teya will talk about the emotional blocks to self-esteem and body image issues and will feature one of her success stories as part of her presentation. Teya is regarded by those who know her as "Australia's best kept secret" and is perhaps the most successful "transformational therapist" on the planet. Teya has Diplomas in Nutritional Science and Clinical Hypnotherapy. Being multi-talented, Teya also works as a numerologist, a motivator and a cleanser. Some of her clients have included Janet Jackson, Melanie Griffith, Donna Karan, Lionel Richie, Tina Arena, Tommy Hilfiger, Peter Brock, Peter Morrissey and Demis Roussos. Currently she is the resident astrologer/freelance writer for OK! Magazine Australia. Since 1991 Teya has presented her Born to Be Free and Slim & Slender seminars which support participants to live a life filled with more confidence and self esteem. She divides her career time between Melbourne, Sydney, Singapore, Los Angeles and New York.



## Eat Yourself Happy!

Sherry Clelow - Chef, Nutritionist, Food Coach

Sherry is an internationally recognised expert on health and wellbeing who is regularly asked to speak and present at conferences, seminars and on television and radio. Sherry is a food lover and diet hater, who halved her body size without dieting, depriving herself or spending her life in the gym. She will share the secrets of her "philosophy of food" that makes you feel great while you are eating it ... and afterwards.

No guilt, no deprivation, no quick fixes! Sherry's vivacious style is living proof of her belief in pursuing health through flavour and pleasure.



book online at [www.ticketek.com.au](http://www.ticketek.com.au) or 132 849

\* if purchasing through Ticketek, prices include GST and Booking Fees.  
Transaction fee may also apply.

*eyeliner events*  
giving women definition