



Women's Wellness Weekend: March 19th to Sunday 21st
Wellpark Albany- 14 Mills Lane, Albany
Inspire - Invigorate - Indulge

With

Lynda Wharton, Franchelle Ofsoské-Wyber, Wende Jowsey, Monterrey Wigglesworth

Do something wonderful for yourself and join other women for our first retreat here on the North Shore!

* Why do one in nine New Zealand women develop breast cancer in their lifetime, and less than one in twenty women in China face the same diagnosis? Learn how to enhance your breast health and reduce your risk of breast cancer. Vital, potentially lifesaving information for every woman.

Perimenopause- PMT- Menopause- You can make peace with your hormones!

*Emotional healing: initiations of the heart at midlife- How cultivating emotional resilience protects our heart and improves the quality of our relationships.

*First Light Flower Essences: A powerful tool used to assist change and to transform negative attitudes into positive emotional and mental states.

Plus optional private sessions, yoga/pilates, a women's crafts market, fantastic food, and or just time to yourself for bush walks, or a swim in the gorgeous pool on this magical 19 acre property!

Early booking essential: enrolment space limited. Please see attached registration form or more information contact: Wende Jowsey:

wende@jowsey.com or phone 027-256-3010



Lynda Wharton BA, ND, DAc, MNZRA.

Author of **"Be Well Naturally"** and **"Wellbeing - vibrant good health for women of all ages."**

Lynda has been in full time practice as a naturopath and registered acupuncturist for twenty years. Specialising in woman's health, she has helped thousands of women return to optimum health and wellbeing, through the gentle, drug free combination of naturopathy and acupuncture. Lynda has been at the forefront of the natural health movement in New Zealand, promoting self-help and natural healing through her prolific career as a writer, educator and public speaker. She is a health columnist for several publications in both New Zealand and Australia with a private practice based in Torbay, Auckland.

Wende Jowsey MA.Ed.

An educator, poet, and writer, with 30 years facilitation experience, Wende lives at the intersections where self-healing and education come together in the lives of women. After studying various holistic systems of body-mind healing from 1977- 1988 including acupressure, nutrition, massage therapy, and energy medicine, she began facilitating adult education courses in 1984 and earned her Masters in adult education in 1998. Here in New Zealand she has taught courses at Raeburn House, Auckland Women's Centre, Auckland University, and the Rodney Women's Centre. Her book *Mother Grief: A Woman's Journey* is slated for publication in 2010. Wende currently teaches a powerful interactive women's course titled: **Agging Well: The Art of Creating a Magical Life at Midlife and Beyond**



Franchelle Ofsoské-Wyber

Internationally recognized as a shaman and modern day medicine woman she has appeared on a number of international television programs and documentaries focusing on sacred plant medicine, shamanism and natural healing. In 2008 the New Zealand Health Industry formally recognized Franchelle's remarkable abilities by awarding her the Distinguished Services Award for Research and Development. This award was in recognition for over 30 years of research into the nature power of New Zealand and for pioneering, developing and establishing New Zealand native flower and plant essences to facilitate holistic healing. Highly respected in her field and considered a world authority on the sacred plant medicine of Aotearoa, she is the author of *The New Zealand Native Flower Essence Handbook* - the key text for working with New Zealand native flower essences.



Monterrey Wigglesworth

Monterrey is a pharmacist with a passion for nutritional medicine, following the motto "as nature intended." Monterrey worked as a compounding pharmacist in Vancouver, working with physicians in the area of hormone health since 1997. She does research with (and is on the Scientific Advisory Council for) the Centre of Menstrual Cycle and Ovulation Research (www.cemcor.ubc.ca). She has further trained with ACNEM (Australasian College of Nutritional and Environmental Medicine) and member of AIMA (Australasian Integrative Medicine Association) so she can keep up to date and work with like minded colleagues here in New Zealand. Monterrey works in the community pharmacy Albany Village Care Chemist and gives seminars on nutritional medicine topics including peri-menopause.



Early Bird Discount: \$335 for full accommodation, workshops, and meals if booked by March 1st. \$300 Non-residential includes workshops and all meals. Booking essential: enrolment space limited.

For more information contact: Wende Jowsey: wende@jowsey.com or phone 027-256-3010