



SaluVida

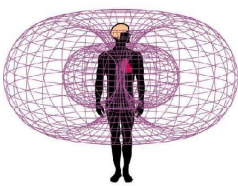


The Human MOT - Don't end up on the scrap heap of life!



Human MOT will guide you through

- Stress profile
- Blood pressure
- B M I
- Body Composition Analysis
- Diet
- Physical activity
- Alcohol consumption
- Strength test
- Peak flow
- Smoking
- Flexibility
- Cholesterol **£20 extra!**
- Happiness
- Meaning in life
- Optimism /Pessimism
- Life reflection
- Life envisioning
- Future goals



Why not...

Become a trained trainer in your workplace. Immerse yourself and become part of the solution.

Because you really are worth it!



- Weekend courses available in Cromarty
- Bespoke courses at your workplace
- Ideal strategy for SME's
- Carers, and school support workers CPD
- SQA modules in Health and Wellbeing

For more details call Jermaine McCracken on M: 07803 706842



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The Human MOT - Treat yourself better than you treat your car!



A one day interactive course for leaders/managers

When did you last get yourself checked out?

Do you

- want to understand your health numbers?
- know how your lifestyle affects your health?
- know how your work affects your health?



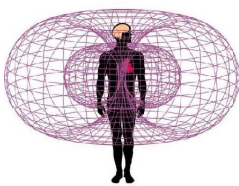
Do you **know** what to do about it?

Do you **want** to do something about it?



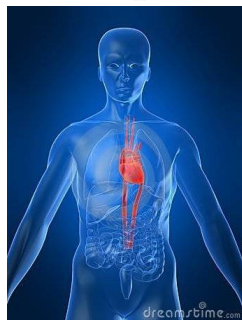
What about your employees and colleagues

- Are you seeing rising levels of sickness absence?
- Are you concerned about stress?
- Do people stay at work longer and achieve less?



This course provides information that you can use personally and with your teams to take a holistic look at health and wellbeing.

The course is led by experienced trainers from the public and private sectors who bring both personal and organisational perspectives.



For an introductory price of **£90** including lunch book yourself a place come and see for yourself.

Because you really are worth it!

For details email jermaine@saluvida.com or call 07803706842