



inspire
fitness for wellbeing

It's time to get Will Powerful!

You are invited to a 1 hour interactive seminar that is sure to change your life

There is no greater predictor of success than the strength of your will power..

Neuroscience has unlocked the secret of the '2 brains' and why you have internal conflict between the short-term fix and reaching the goals that you know will make your life better.

Your Will Power is a muscle that can be strengthened so that it will not let you down.

The **Will Powerful Program** will show you WHY your will power sometimes falls short, and HOW you can prevent that from happening with the least amount of effort.

You will walk away with practical tools that are guaranteed to get you the results you truly want.

[Inspire Fitness for Wellbeing](#) is giving you the opportunity to discover the **key to unlocking an unstoppable body AND mind.**

Date: Wednesday 22nd May

Time: 7:45 pm

Address: Inspire Fitness for Wellbeing

317 Doncaster Rd, Balwyn North 3104

Non-members are welcome. Bookings essential! Call 9857 3007.

This is human potential, unleashed...