

# LIVE WELL DAY WILLOUGHBY

Live Well Day Willoughby is a health, wellness and safety awareness day for families and individuals in our community. This annual event will be taking place on Sunday the 5th March 2017 at Chowne Hall Willoughby Park for the first time. It is founded for the purpose of educating families and communities on social concerns such as health, safety, and environmental issues that affect us as individuals and as a community. The event is free to the whole community.



We here at Complete Health Chiropractic have teamed up with lots of other wellness focused, local businesses to bring our fabulous community a fun filled, family Sunday aimed at bringing health and wellness to our community.

The line-up of speakers and presenters include ;

- **Mayor Gail Giles-Gidney** (opening speech)
- **Michele Chevalley Hedge and Sara Milliken** from A Healthy Living – sharing nutritional guidance for the family and a live cooking demonstration
- **Cassie To** from VT1 Academy – women's self-defence class
- **Chris Ritchie** from Uncoil Pilates - running a Pilates session
- **Liz Kraefft** from Kuring-gai Yoga – conducting a breathing/yoga demonstration
- **Dr Kim Lie Jom, Dr Engrid Stevenson & Dr Louis Jen** from Complete Health Chiropractic

We also have a variety of health, wellness and environmentally focused stall holders on board for the day where people can try products and learn more about keeping themselves and their environment healthier

- Complete Health Chiropractic
- Willoughby City Council – Sustainability Programme
- Arbonne International
- Top Juice, Chatswood
- VT1 Academy Martial Arts
- Uncoil Pilates & Health Solutions
- Studio 84 Health & Fitness
- The Bean Team
- Ku-ring-gai Yoga

Paul and the team at Northside Radio 99.3 FM have come on board to help promote Live Well Day Willoughby to the local north shore community. Northside Radio are going to mention and promote Live Well Day Willoughby during their community announcements segment and Kim, the event coordinator, will be interviewed on air in the lead up to the 5<sup>th</sup> of March to share the inspiration behind Live Well Day Willoughby.

We hope that many families in our community can come along to this FREE event!  
If you have any further questions please don't hesitate to email or contact us on 94133090.

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