



Embedding change for a better you!

Are you wanting to get into shape, cut back on drinking or stop smoking? Are you looking for a pleasant, motivating and effective way to make these and other lifestyle changes easier and more long-lasting?

Tanja Guigon-Rech, Certified Nutritionist, Nutrition Nation

Tanja will discuss the definition of detoxing, the difference between detoxing and cleansing and how a “juice cleanse” became a modern phenomena, but in most cases simply leads to “torture”. She will address easy and simple ways to detox, discuss good vs. bad food groups and guide the audience towards a healthy balance and understanding of food.

Fiona McKeand Dip HSM Dip AH GQHP, Qualified Hypnotherapist, Hong Kong Hypnotherapy

Fiona will discuss the role the subconscious mind plays in forming and holding on to habits and you will learn some simple techniques to help re-programme this part of your mind to move you forwards towards the success you deserve.

Date: Tuesday 26 May

Time: Registration from 6:30pm, Presentations – 7:00pm, Close – 8:30pm

Venue: St. James’s Place Boardroom, 1/F Henley Building, 5 Queen’s Road Central, Hong Kong

Fee: There is no cost to attend this talk. However, if you would like to donate to the **Nepal Youth Foundation** through the St. James’s Place Foundation, St. James’s Place will match your contribution dollar for dollar.

Light refreshments will be available

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Speaker



Tanja Guigon-Rech
Certified Nutritionist
Nutrition Nation

Speaker

Hong Kong Hypnotherapy

Fiona McKeand
Dip HSM Dip AH GQHP
Qualified Hypnotherapist
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