

**Enhance Your Life**  
**Saturday 21st Oct**  
**&**  
**Sunday 22nd Oct**



**Enquiries & Bookings**

**info@hcoe.ie**

**061-381947**

**€350**

**Discount available for**  
**Group Bookings**

Holistic Centre of Excellence Ltd.,

Ballyvoren,

Cappamore,

Co. Limerick

061-381947



**www.hcoe.ie**

**Email: info@hcoe.ie**

**Enhance  
Your Life**

**HOLISTIC CENTRE OF EXCELLENCE**

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**&**  
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*This 2 day event will change  
your life*

This course works for

**EVERYONE**

- ◆ **Discover Your Dreams**
- ◆ **Fulfill Your Life Ambitions**
- ◆ **Eliminate Your Fears**
- ◆ **In a fun filled weekend**

## 5 GOOD REASONS TO PARTICIPATE

- ◆ **Experience the amazing  
Dr Alessandra Betti**
- ◆ **Gain Positive Attitude**
- ◆ **RE-ZEST Your Life**
- ◆ **Achieve Your Goals**
- ◆ **Meet like-minded  
people**

## TESTIMONIALS

Tom said;

**Before**

“Cynical, Unsure and Apprehensive”

**After**

“Top Quality Trainer, Good Exercises, Made Life-long Friends. Clear Objectives and I have motivation for the rest of my life”

Here's What Ciara said

**BEFORE**

“Mum recommended the training. Just had a shitty week in work-crying breakdown & all-didn't feel like coming was so apprehensive”

**AFTER**

“I feel very positive, I have heard people say wonderful things about me-, I now feel smart, focused and determined, and I can achieve all of my goals”

Read Ashling's words:

**BEFORE**

“I feel very anxious, my throat feels tight, my tummy feels sick”

**AFTER**

“I feel like a great weight has been lifted off my shoulders, Im radiant and at peace, my future is bright and Enriched by these last two days. Thank You”