



# born2move

## *De-Junk Your Body and Mind*

**7.30 - 9.00 2nd February 2012**


The Terrace Room,  
The Whitworth Centre  
Darley Dale, Matlock

**Jo Dall**, successful Health Kinesiology Practitioner, and **Becci Sampson**, renowned Personal Trainer, have joined forces to speak about how to *clear your body and mind of junk, so that you can achieve your goals, with clarity and conviction!!*

**Tickets priced £7.50 are available from:**

**Jo: 01629 735707 / 07709 34 78 92**

**Or Becci: 07739 35 86 47**

*All profits from the evening will go to:*  **Helen's Trust**  
Helping incurably ill people stay in their own home