

Women's Inner Circle



Educate your body shape



Friday, 27th August 2010

PRESS RELEASE

Dalby Venue Details Change : now at the existing Myall Youth Community Network Centre! Womens Inner Circle Rural Womens Tour

In the upgrade to the Myall Youth Community Network Centre, the new building was anticipated to be open only days before the free info session held by International Personal Trainer, John Tilden- but the building's not quite ready so the Dalby session will now be held in the EXISTING Myall Youth Community Network Centre, 169 Cunningham St, Dalby on Tuesday 31st August between 12:00 - 1:30pm.

Look forward to seeing you and your friends there!

TOUR VENUES

LOCATION/DATE	VENUE	TIME	PHONE
TOOWOOMBA Monday 30 August.	East Creek Neighbourhood Centre 43 Kitchener Street. Afternoon tea provided.	2.30-4.00pm	07-46392755
DALBY Tuesday 31 August	Myall Youth Community Network Centre 169 Cunningham St. Dalby.	12.00-1.30pm	07-46620152
CHINCHILLA Tuesday 31 August	Western Downs Regional Council Meeting Room	5.30-7.00pm	07-46628528
ROMA Wednesday 01 September	Roma Neighbourhood Centre Cnr. Quintin & Bowen St. opp. Primary School	12.30-2.00pm	07-46201000
	Chapters Bookstore 46 Wyndham Street.	3.30-5.00pm	07-46227222
MITCHELL Thursday 02 September	CWA Hall. 87 Cambridge St.	12.30-2.00pm	07-46236612

Women of all ages are encouraged to attend; from teenage girls and mothers to ladies experiencing menopause. The information sessions aren't about strict diets or vigorous exercise. Quite the opposite actually as John explains the need of a shift in thinking in terms of womens' health to a more nurturing, educational approach.

“Training women is very different to training men. With the constant juggling and running around working and looking after everyone in the family womens' bodies are

constantly under stress. Fad diets and vigorous exercise only deplete a womans nutritional needs even further, causing low energy and severe side affects of PMS.”

Johns information and simple techniques are refreshing and comforting. His seminars are not to be missed, and they're free!!!!

For more information please contact

Sara Vuori

info@womensinnercircle.com.au

0431 052 725

ABOUT JOHN TILDEN

Author, researcher and personal trainer behind the concept of Womens Inner Circle.

An International Personal Trainer and author based in Murwillumbah N.S.W. John owned and operated the Paddington Personal Training Studio in Sydney for 15 years; and closed in 2007 to train International business people in the United States, across Australia, and in Beijing during the 2008 Olympics.

His clients include International sports people, doctors and professors, business men and women, athletes, mums and dads, and people with severe disabilities.

His first book of exercises and training techniques for confined to chair disabilities, released in 1995, is used in hospitals and universities and by professional organisations in Australia, the USA, the UK, and New Zealand.

He has since developed Powerbow , workplace exercise and stress management programs, and researches health and exercise solutions for specific problems.

My first book was launched by and at the Royal North Shore Hospital in Sydney.

I've written for Diabetes Aust. NSW & the Post Polio Network of NSW specific to health & exercise for their readers, and have had articles written about me in the West Australian Newspaper on 2 occasions.

Here's a short list of some of my past presentations-

Report paper on Easy Access Community Recreation presented to the Occupational Therapists Association of NSW.

Exercise programming- Center for Independant Living, West Hawaii. USA

Sonoma County Diabetes Association, California. USA

Disabilities Resource Center, Auckland. NZ

NSW Recreation Network State Conference.

Diabetes Association of NSW State Conference.

MS Society of NSW

Exercise Programming, Stress Management & health in the workplace

Sales Secrets of the Superstars- DTS Training, Sydney NSW.

Mens Health have featured my exercise equipment and programs in an issue, and the Physiotherapists Association of NSW ran an article on my Chair based exercise programs for the frail, aged and disabled.