

Women's Inner Circle



Educate your body shape



FOR IMMEDIATE RELEASE
11th August 2010

Two More Sessions Announced for WIC Rural Women's Tour

Toowoomba and Roma have new confirmed sessions announced for the free info sessions about the nutritional needs for a woman's ovarian cycle, with now two sessions in Roma, conducted by International Personal Trainer and Author, John Tilden. Full details can also be found on www.WomensInnerCircle.com.au.

The official program includes:

TOOWOOMBA

Monday 30th 2010
East Creek Neighbourhood Centre
43 Kitchener St, Toowoomba
2.30pm-4.00pm
Ph: (07) 46 392 755
Afternoon tea supplied

DALBY

Tuesday 31st August 2010
Myall Youth Community Network Centre
Cnr. Nicholson St & Warrego Hwy, Dalby
12.00 - 1.30pm
(07) 46 620 152

CHINCHILLA

Tuesday 31st 2010
Western Downs Regional Council Meeting Room
5.00-7.00pm
(07) 46 628 528

ROMA

Wednesday Sept 1, 2010.
Roma Neighbourhood Centre Community Room
12.30-2.00pm
Ph (07) 46 240 800
Cnr. Quintin & Bowen St. opposite Primary School

Chapters Book Shop & Cafe
BOOK LAUNCH!

3.30- 5.00pm
(07- 46227222
46 Wyndham Street

MITCHELL

Thursday Sept 2, 2010
Mitchell CWA Hall
12.30- 2.00pm
(07) 46 236 612
87 Cambridge St, Mitchell

CHARLEVILLE

Friday 3rd and Saturday 4th September
Workshops
2010 QLD Rural Women's Network Conference
Charleville Racecourse, Charleville
<http://www.qrwn.org.au/>

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 women's 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 women's bodies are constantly under stress. Fad diets and vigorous exercise only deplete a woman's nutritional needs even further, causing low energy and severe side affects of PMS.”

John's 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.
0431 052 725
www.WomensInnerCircle.com.au

ABOUT JOHN TILDEN

Author, researcher and personal trainer behind the concept of Women's 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.

This first book was launched by and at the Royal North Shore Hospital in Sydney. He has written for Diabetes Aust. NSW & the Post Polio Network of NSW specific to health & exercise for their readers, and has had two articles in the West Australian Newspaper regarding Powerbow and Managing Your Cycle.

Previous presentations include:

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 John's exercise equipment and programs in an issue, and the Physiotherapists Association of NSW ran an article on his Chair based exercise programs for the frail, aged and disabled.