

YOUR INVITATION

to

PAUL SPINKS

A POWERFUL NEW PERSPECTIVE

Paul Spinks' candid presentation offers advice and insights about cardiac disease, stroke, depression and anxiety, alcohol and illicit drug use while also addressing self-esteem and motivation.

“Are you managing yourself **well** or are you managing yourself **sick**?”

- Paul Spinks

Paramedic and State Trauma Counsellor Paul Spinks, has seen the dark side of what happens when life spins out of control.

Paul stimulates people to “learn more and know more” about their bodies, their minds and what is happening in their communities.

82% of us will have a chronic illness by age 65; **68%** of us will be flat broke! If that isn't a wakeup call to take our lives off remote control, what is?

Paul's presentation combines all things money with all things well-being, and hits the “hot buttons” in most of us; including mental health, drugs, heart disease and even death - with raw stories taken from the back of an Ambulance.

It is confronting, it is personal, it is a Paramedic's perspective on what's killing our nation, and an opinion on how to stop the rot!

23 March 2016

5:30PM - 7:30PM

SBcare

**Cnr Kingaroy & Avoca Streets
Kingaroy QLD 4610**

REGISTER NOW FOR THIS FREE EVENT
WWW.EVENTBRITE.COM.AU

Search for 'Paul Spinks' and select the Kingaroy session

Powered by

TARONG
Power Stations

MEANDU
Mine

 **stanwell**

WisdomFactory
WELLBEING WARRIORS

With support from SB Care

