



You are Invited to attend a Free Lecture on

# Optimizing Sports Performance and Recovery

Topics covered include:

- Working holistically with injured athletes
- Optimizing healing post-surgery
- Removing mental blocks and performance anxiety
- Improving recovery time and maximizing career longevity
- Mind/body approaches to improving athletic performance

For coaches, trainers, physical therapists and anyone involved in athletic training and rehabilitation...

**Date: Thursday July 16, 2015**

**Time: 6:30-7:30 pm**

**Location: Capital News Centre, Tournament Room #2**

To reserve your spot please email Tara or Christy at the addresses below

## Presented by:



Christy is a registered classical homeopath with offices in Vancouver and Kelowna since 2010. She graduated from the University of Westminster in London UK and has learned from some of the world's best practitioners. She is passionate about helping clients build sustainable health and has a special interest in athletic injury and post-surgery recovery. Did you know over 90% of German football leagues' physicians use homeopathic remedies on the field and as first aid? Learn why at this seminar.



Tara Miller, MC, RCC  
Registered Clinical Counsellor  
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Tara is a Registered Clinical Counsellor working in private practice in offices both in Kelowna and West Kelowna. An Advanced SRT (Self Regulation Therapy) practitioner, Tara brings clinical expertise from the latest neuroscience research and her experience as a professional athlete to discuss effective ways of maximizing athletic performance, decreasing the impact of athletic injury, and improving emotional and mental resiliency.

Christy Zettl BSc (Hons) RSHom  
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