

NEW SHOP OPENS IN JERVIS CENTRE, DUBLIN

MY NAME is Lyndon Morris and I have worked as an accountant for Tony Quinn Health Centres Ltd. for five years.

I'm 28 and I decided I wanted to go for a total career change, so when the opportunity arose to open up and manage our newest branch I jumped at the chance.

Experience

From the very beginning this has been an incredible experience for me - to be in one of the newest and most beautiful shopping centres in Ireland. Also to be able to tell people about our exciting products and how to take them for best results.

We really are, I believe, at the cutting edge of health with the very latest Life Extension, Mind, Bodybuilding and Weight Loss products available.

With a range of some of the most highly researched products in the world, I have seen many customers get very exciting results in regard to

energy, fat-loss, toning, mental alertness and physical wellbeing.

Change

Moving from working at a desk in Head Office to operating a very busy kiosk in the centre of Dublin has resulted in my becoming much more outgoing as a person - a dramatic personality change.

I have been trained by Dr. Quinn over a period of time in using more of my mind to achieve the goals that I want and have also taken part in two university studies.

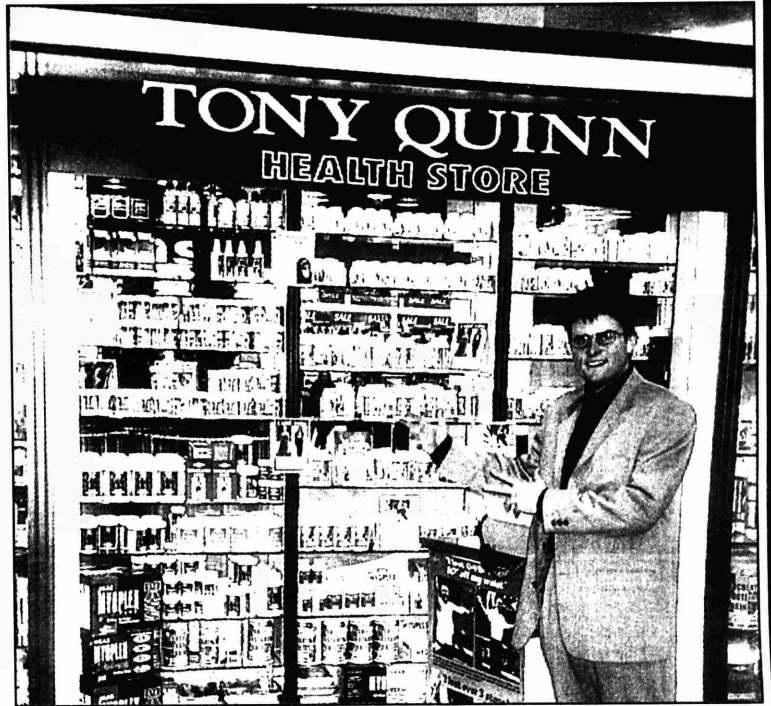
This has made a massive difference to all areas of my life including achieving financial, social and personal goals.

Progress

I also believe this is the reason why the Jervis St. Shop is progressing so fast. I've always had a keen interest in physical health and wellbeing so I train at least three times a week and take the supplements myself.

This new venture is a great start to the millennium and I hope to get to meet and work with as many people as possible this year.

● *A very enthusiastic athlete himself Lyndon Morris has had a keen interest in healthy eating and sports nutrition for many years*



SUCCESSFUL LIVING SIX WEEK COURSE

Dublin:

Tony Quinn Health Centre
66 Eccles Street
(opp. Mater Private Hospital)
Tuesday 28th March 7:30-9:00pm

Royal Dublin Hotel
O'Connell Street Ph. 8786938
Wednesday 23rd Feb 8:30-10:00pm

Malahide: Grand Hotel
Ph. 8786938
Tuesday 22 Feb. 9:00-10:30pm

Dunlaoghaire: Tony Quinn Health Centre
96 Lr. Georges Street Ph. 2809891
Tuesday 22 Feb. 8:30-10:00

Rathmines: Tony Quinn Health Centre
2 Wynnfield Road Ph. 4974234
Monday 28Feb. 6:30-8:00

Shelbourne Hotel
Thursday 24th Feb. 7.30 -8.30

Galway:

Galway Bay Hotel
Salthill Ph. 091 564865
23rd Feb. 8:30-10:00

Cork:

Tony Quinn Health Centre
20 Academy Street, Cork City
Tuesday 22 Feb. 7:30-9:00

Limerick:

Jurys Inn
Tuesday 22 Feb. 8:30-10:00

SUCCESSFUL LIVING COURSES



IMELDA FARRELL: Course co-ordinator in Cork

IN THE nineties I time seemed to run out for most people; there was never enough time to get everything done whether you were a housewife or a stockbroker. The new millennium has not changed this phenomenon.

The main source of this problem comes from people not using their full potential. Basically people are holding themselves back and literally 'tripping themselves up'. Experts around the world differ in their opinion of how much of the mind we actually use; they usually vary between ten and one percent! Whatever the figure, look at how much you are not using!

GIVES A PERSON ENORMOUS OPPORTUNITIES

It has been proven that by proper and regular relaxation we

can tap into both the left and right sides of our brain plus the conscious and unconscious parts. This gives a person enormous opportunities over the old one side and one percent approach.

The current thinking of the media, society etc. is that you should invest your time only in things that give you a big return. In my heart I know of no better investment than two hours (2 sessions by 1 hour) a week to get the rewards of the EDUCO system which in a nutshell means to draw out your true potential from within.

These sessions are held in Cork at various convenient times and can rid your life of stress, worry, fear and countless other distractions from your true self and life.

RELAXATION SEMINARS

We also hold three-hour relaxation seminars once a month, which are super sessions to get you out of the grind of modern life.

I have been holding these classes in Cork for over twelve years and have seen countless people improve their lives. I have also seen the huge growth in entrepreneurs and successful sportspeople and I know that these people need support to realise their often incredible aspirations. In Cork, we are now offering classes and seminars exclusively for business and sportspeople as well as our usual classes.

So if your goal is to realise your potential and uncover the true you we may be able to provide you with the help you need