



PEAK PERFORMANCE INSTITUTE HEALTH AND WELLBEING E-LEARNING PROGRAMS

Course A: Physical wellbeing

A five part practical course suitable for all workers, particularly office based workers, who wish to improve their fitness and are not sure where to start. The material allows participants to test their own strengths and flexibilities, thereby forming an action plan for improving and maintaining their physical health and wellbeing. This has positive repercussions for our health, mood and productivity, both inside and outside of work.



Cost \$45

Course B: Managing stress

A five part practical course suitable for all who are prone to feeling over-stressed. The material provides insights and practical guides to help you recognise how stress affects you. This valuable guide, full of practical tips, empowers you to feel more in control, more energetic, and less "weighed down" by stress.



Cost \$45

Course C: Understanding and overcoming pain

A nine part discussion based course suitable for those who experience persistent pain and are finding overcoming it a challenge. This course outlines the extensive recent studies of pain, providing important insights and a practical framework for what we must confront to create our own paths for recovery.



Cost \$75

“Choosing Positive Health” Complete series of three courses for \$150



Positive+health



*Health and Wellbeing programs for the Workplace
Insight and empowerment for your team
Increased productivity, safety and morale for your business*

The Positive Health e-learning programs have been created by David Hall in partnership with Peak Performance Institute. David is an experienced physiotherapist, health facilitator and the founder of Positive Health. For more information on David and the Positive Health programs call 0405 819 770, or visit...

www.positivehealth.net.au