

# More yum-yum Less humdrum

Get your whole business in shape for 2010 and start managing your energy, not your time.

Consider the impact of **2 extra productive hours** in your day.

With helpful tidbits, Celynn will equip you with the right tools to squeeze every drop from your on-the-go lifestyle. Her hands on approach will give you and your staff a new and zesty outlook to nutrition and wellness.

With smart innovations like her Wellculator™ and plenty of tasty tips and tricks for increased energy and productivity, Celynn is guaranteed to leave you wanting another helping.

Book now and get ready to be energised.

Celynn can also assist your company with:

- Executive Wellness
- Employee wellness programme development
- Canteen / corporate dining hall audits
- Health and wellness days
- Wellness-related communication material



Contact Celynn to discuss your company's needs today.  
celynn@celynnerasmus.co.za · 083 656 3096 · www.celynnerasmus.co.za



# Food for thought

What Celynn's clients had to say.

"Celynn was invited to present our first 'Lunch n Learn' session for executive spouses. The presentation was not only pertinent for corporate executive living but was delightfully refreshing and innovative. I would highly recommend her keynote presentation as an energizing value add breakaway session."

**Charleen Keet, Events & Communication  
Shoprite Checkers**

"Thank you for sharing your wellbeing wisdom with us. You were engaging and provoked thought on how to treat our bodies in the hectic 21st century. You communicate with such energy and optimism. Busy people juggling work life balance – take note!"

**Juliette Lee, PSA Chapter President**

"Celynn Erasmus was inspirational and extremely interesting. She kept us entertained while simultaneously giving us really useful and practical tips to improve our lifestyle and energy levels. People in the audience definitely related directly to her presentation. Thank you!"

**Lianne Osterberger, Manager: Internal Communications  
Anglo American**

"Celynn's energetic, yet relaxed style and simple approach to wellness inspires even the most lethargic to make positive lifestyle changes."

**Mark VD Watt, Head: Risk Savings  
Momentum Group**

"Delegates made real beneficial changes. We appreciate the professionalism and innovation that she has brought to our business. Celynn has exceeded our expectations and requirements."

**Linda La Werne, HR Senior manager  
Nedbank**

"Celynn showed herself to be a competent, lively presenter and every delegate took at least one action for immediate implementation, mostly several, to improve their own health and business performance."

**Nick Jackson, ACE Chairman  
Cumbria, UK**



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