



swainwoodhamgroup
Insurance with heart!

Keep Up With
Newstalk ZB[®]
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a station of the *radionetwork*

SwainWoodham Group in association with **Newstalk ZB** present the

FREE *Sugar Daddy* SEMINAR



The safe, simple effective way to prevent and control type 2 diabetes and create the ultimate healthy lifestyle!

Presented by Dr Adam Fraser and Christine Armarego, the authors of SUGAR DADDY.

Prevent and manage diabetes.

Reach your ideal body weight.

Prevent and manage heart disease.

Elevate your energy levels.

Prevent and manage metabolic disorders like

Syndrome X, PCOS and Insulin resistance.

Why the Sugar Daddy Seminar is important for you!

Type 2 diabetes is having a huge impact on our health and quality of life. Diabetes rates in New Zealand are spiralling out of control. Not only is diabetes a concern but also Insulin Resistance (the first step in Diabetes). 1 in 4 adults in Western society have Insulin Resistance and most of them don't know it. Insulin Resistance leads to dramatic weight gain and difficulty losing weight. Come along and learn simple and effective techniques that will lead to a better quality of life.

INVERCARGILL SEMINAR

DATE: Tuesday 18th November (7.30 - 9.00pm)

VENUE: Kelvin Hotel Conference Centre, Kelvin Street, Inv.

CHRISTCHURCH SEMINAR

DATE: Thursday 20th November (7.30 - 9.00pm)

VENUE: Aurora Centre, Greers Road, Christchurch

This high impact one and a half hour seminar is receiving rave reviews from previous attendees.

For further information Freephone: 0800 355 444

SwainWoodham Group in association with Newstalk ZB

would like to introduce...

Dr Adam Fraser & Christine Armarego

Presenters of THE SUGAR DADDY SEMINAR and the authors of SUGAR DADDY.

For a combined total of 23 years, Dr Adam Fraser and Christine Armarego have been researching and developing the best strategies to manage and prevent type 2 diabetes. This inspired them to develop "The Glucose Club", a company that educates and guides people into a lifestyle that improves their quality of life and controls their metabolic health. The mission statement of "The Glucose Club" is "Any day that a family is without one of its members because of type 2 diabetes is one day too many".



Dr Adam Fraser started his career as an academic. He quickly discovered that staring down a microscope was not nearly as much fun as interacting with human beings. Eight years ago he cut the University umbilical cord and moved into the real world. He is now highly sought after as a keynote speaker, who has spoken all over the globe on the subject and regularly appears on television, radio and in print media. His PhD examined how physical activity and diet intake can prevent the development of type 2 diabetes. He is an Accredited Exercise Physiologist who has served on state boards for Sports Medicine Australia (SMA) and the Australian Association for Exercise and Sports Science (AAESS). He now works with some of Australia's most influential business leaders, helping them improve their performance and quality of life.



Christine Armarego has two Masters (yes - one was not enough), one in Ergonomics and the other in Exercise Rehabilitation. She has unique and comprehensive experience in Chronic Disease Management having worked for over six years at Heidelberg Repatriation Hospital in Melbourne as the sole Exercise Physiologist. She played a key role in developing the Veteran Services Program - primarily rehabilitation and exercise training (they affectionately referred to her as the little "Sergeant Major"). These groups flourished from 12 participants to over 120. She is an Accredited Exercise Physiologist and former director of the state board for the Australian Association for Exercise and Sports Science and coordinator of the Exercise Physiologists in Hospital Network.

For further information visit
www.glucoseclub.com.au

HERE'S WHAT A DIABETES GURU THINKS:

"Sugar Daddy is a bold and unique approach to removing our modern lifestyle's unhealthy shackles. Its techniques will help you break the vicious cycle of obesity and diabetes. It examines all the issues involved in minimising the impact of diabetes and obesity on you life, including diet, exercise, and physical and psychological issues. It is very practical and (thankfully) fun! If you want a better quality of life, it's in your hands now."

Dr Stephen Thornley

Endocrinologist

Miranda NSW • October 2008

