



HEALTH & BEAUTY

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FitMix Bootcamps

Outdoor Bootcamp for ALL abilities

Contact Person: Anna Dolan

Cell: 022 019 7822

Hi, I'm Anna, and I have been running a successful Bootcamp for the last 3 years. My focus is on making you fitter and stronger than you thought possible, with motivational coaching within a supportive group of like-minded people. Based in Epsom, I have classes at Cornwall Park and Our Lady of the Sacred Heart School in Banff Ave. Come and try it out tomorrow, and train your way to next Summer.

Friendship for the Elderly

Website: [Facebook: @friendshipfortheelderly](https://www.facebook.com/friendshipfortheelderly)

Companionship and Respite service for Seniors

Contact Person: Melanie Kaye

E: mkservicesnz@gmail.com

Cell: 027 457 1961

Business Hours: Monday-Friday : 9:30am-2:30pm, enquiries welcome anytime

Caring, safe and Trustworthy service visiting clients in their homes, playing board games, outings, friendly conversation, assistance with shopping or medical appointments.

- Companionship for family members that lead a busy lifestyle or live out of town.

- Respite company for loved ones partners or family members.

Naturopathic Health

Website: www.naturopathichealth.co.nz

Naturopathic Service

Contact Person: Lydia Dorotich

E: info@naturopathichealth.co.nz

Landline: 09 630 0067

Address: 820 Mt Eden Road, Mt Eden

Natural Health Care. Specialising in Women and Children's Health.

Taste Success

Website: www.tastesuccess.co.nz

Healthy Eating Programmes

Contact Person: Tracey Williams

E: traceyw@tastesuccess.co.nz

Cell: 021 0263 6630

Business Hours:

Mon - Sat 9am - 5pm

Late Night Thursday

Taste Success is about Simple Food with Great Support that lead to Healthy Outcomes. The top 3 reported benefits to doing a programme are 1. Increased Energy 2. Weight Loss 3. Improved Sleep. We do not count points or calories. Best of all the recipes are FAMILY friendly. Enquire about my next Tasting session showcasing some of our delicious recipes.



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The New You

Website: www.thenewyou.nz

Weight Loss Consultation and Coaching

Contact Person: Tracey Williams

E: info@thenewyou.nz

Cell: 021 0263 6630

Landline: 09 827 6205

Address: 40 Titirangi Road, New Lynn

Business Hours: Varies - see website

"I make losing weight easy" for anyone - male or female who want to lose a few kg's or more.