



Daniel Millton  
 Millton's Health Pages  
 P O Box 2257  
 Sunbury Vic 3429  
 P: (03) 9744 4313  
 M: 0421 486 876  
[daniel@milltonshhealthpages.com.au](mailto:daniel@milltonshhealthpages.com.au)



Phil Harker  
 Phil Harker & Associates Pty Ltd  
 142 Shaws Pocket Road  
 Luscombe Qld 4027  
 P: (07) 5546 4321  
 M: 0418 733 245  
[phil@milltonshhealthpages.com.au](mailto:phil@milltonshhealthpages.com.au)

**Gabe Parpinello**

P: (03) 9419 4702  
 M: 0408 766 776  
[gabe@milltonshhealthpages.com.au](mailto:gabe@milltonshhealthpages.com.au)

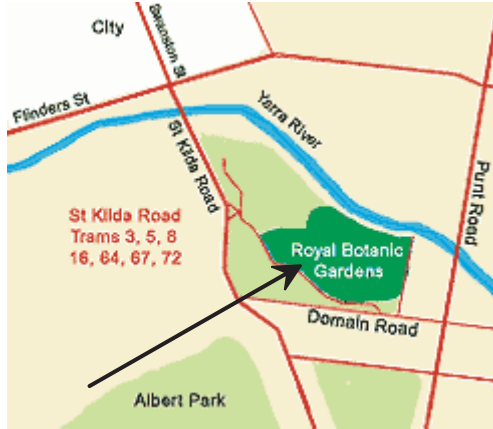


Daniel McMahon  
 McMahon Osborne Consulting Pty Ltd  
[www.mcmahonosborne.com.au](http://www.mcmahonosborne.com.au)  
 Level 1, 57-59 Horne Street  
 Sunbury Vic 3429  
 P: (03) 9744 7144  
[danny@milltonshhealthpages.com.au](mailto:danny@milltonshhealthpages.com.au)



Martin Crawford  
 Martial Fitness™ Pty Ltd  
[www.martialfitness.com.au](http://www.martialfitness.com.au)  
 P O Box 828  
 Berwick Vic 3806  
 P: (03) 9796 1212  
[marty@milltonshhealthpages.com.au](mailto:marty@milltonshhealthpages.com.au)

Millton's Health Pages presents  
 "Myths and Truths"  
 21st February  
 8:00am - 5:00pm  
 Royal Botanical Gardens at the Ellery Suite  
 (next to the Visitors Centre)



Presenting **Lifestyle Balance** in easy to understand and affordable package



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‘MYTHS AND TRUTHS’

LIVING THEM  
 AND  
 KNOWING  
 THE  
 DIFFERENCE



A Day of  
 Discovery

# BEEN LIVING A MYTH & PAYING THE PRICE ?

It's often hard to tell the difference between popular myth and well grounded fact these days. With the rise of online information, television and magazines telling us what is and is not the 'way' to better life and health we sometimes need a little help in sorting out the good from the bad.

On February 21st, **Millton's Health Pages** presenters will spend some time dispelling some popular myths that have had the tendency to be the basis of our lives and sometimes the basis of our difficulties in life both personally and interpersonally.

## THE PROGRAM

The program is a one day session designed to cover the areas of Social/Emotional /Spiritual Balance, Physical Balance and Financial Balance by specialist in their fields.

The day will be held at the Royal Botanical Gardens, Melbourne Victoria, in the Ellery Suite. We will gather at 8:00am for an 8:30am start. First will be introductions, followed by Phil and Gabe, with morning tea in between. After lunch Dani and Marty will talk about Physical Balance, and following afternoon tea, Danny will talk about Financial Balance.

The forum is open to questions and answers throughout the day, and a recap at the end of the day.

## PRESENTERS

### Phil Harker, Ph.D.

Co-author of the book, "The Myth of Nine to Five: Work, Workplaces & Workplace Relationships", Phil will discuss Social and Emotional Balance myths that make up our social, emotional and spiritual base. With over 30 years in academia, industry, and clinical practice, Phil will entertain you with new possibilities that come with living with 'reality' beyond the myths.

### Gabe Parpinello, B.Mngt.

Gabe will integrate into Phil's talk with explanation and methods for identifying personality type. As President of the MBTI association locally, Gabe will show how two people may be speaking the same language, but not hear the same things.

### Daniel Millton, B.Sc.

Dani will talk about the food we eat and how it works once inside the body. Following the lunch break he will explain meals, food groups and some of the myths associated with eating right.



### Martin Crawford, P.T. Yondan

Founder of Martial Fitness™ and personal trainer, Marty will present the Physical Balance myths found in the gym, magazines and television. With his experiences nationally and internationally, Marty has found the myths and can explain them.

### Daniel McMahon, B.Bus., (Acc) N.I.A

Danny McMahon will discuss Financial Balance and the myths associated with retirement. Danny's years of experience in accounting and financial planning has highlighted many myths people wrongly strive to achieve.

## REGISTRATION

Preferred registration is on or before the 14th of February.

Registration fees include 5 different presenters that specialise in their field of discussion. All presenters will include handouts for review and note taking, and you will get a workbook. There will be morning tea, lunch and afternoon tea provided. All this for \$200 GST inclusive.

Please fill in the registration form, RSVP by 14th of February as numbers are limited to a first come basis.

For further details contact Daniel Millton at 0421 486 876 or via email at [dani@mhp.com.au](mailto:dani@mhp.com.au)

All information obtained for seminars, complies with the requirements of the State and Federal privacy legislation.