‘Sitting’ is the new Smoking – don’t be a health statistic! Join the BodyConscious FREE seminar to help you overcome Office Syndrome

Ever suffer from headache, sore eyes, back pain, stiff neck, muscle tension or headaches? Those long hours hunched over a computer could be the problem. More than 60% of office workers in Thailand seek medical treatment for Office Syndrome, which causes debilitating pain and tension in the muscles, spine and joints and can cause depression.

BodyConscious, Asia’s first holistic weight loss and body improvement centre, is hosting a special free seminar on “Office Syndrome” to teach effective ways to prevent and overcome this silently dangerous condition. Don’t suffer through pain and soreness – join our session under the care of a professional team comprising a naturopathic doctor, physiotherapist, Traditional Chinese Medicine doctor and a functional fitness trainer to enjoy vital health and a pain-free life! The seminar is free of charge and will be held on Saturday 21st July 2018 from 14:00 – 16:00 hrs, at BodyConscious at Y Wellness, Column Tower, Sukhumvit 16 (next to Foodland).

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About Body Conscious at Y Wellness

BodyConscious at Y Wellness, a wellness solution for a happier and healthier world, provides effective and proven programs for long-term weight loss and permanent health improvement via treatments and educational tools. Y Wellness is located in Column Tower, Sukhumvit 16.

At BodyConscious we believe that our day-to-day visible state of health is just the tip of the iceberg; lying beneath the surface is the massive body of the iceberg – and it is composed of our lifestyle and behaviour, our psychology and motivation, and our spiritual and/or cultural sense (or pursuit) of meaning. In this regard, we can derive that wellness is never static, and that what we do every day matters.

Our in-house wellness specialists at Y Wellness focus on functional medicine (blood analysis/IV/colonic), traditional Chinese medicine, naturopathic medicine, and advanced postural/functional analyses with 3D body scanning and imaging.

The facility is a one-stop centre for young and old alike. Services will go beyond the immediate improvement of the physical body, teaching guests through knowledge-sharing how to improve their overall look, vitality and health condition through easy-to-adopt practices.

All programs will be guided by fully qualified naturopathic doctors, and include such services as nutritional guidance, colonics, IV infusions, infrared, fast-track to fitness, Chinese medicine and spa treatments.

Our professional team at Y Wellness is excited about this compelling new venture, and we can’t wait to share even more details and special offers with you in due course. Call today for a free consultation (Thailand) on 02 714 1189, or email us directly to book an appointment.

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