

# BECOME A WIRING WARRIOR

## Build a Better Brain for a Brighter Future

Learn SPECS – a simple but practical set of principles from Janis Grummitt

*'Janis is a confident and competent orator. With her relaxed, warm and sometimes amusing style she is able to get across a very serious and important message in a most entertaining manner. Feedback from the Audience was very positive and we appreciated the insights she provided into how we can all take steps to maintain and improve our brain health as we age.'*

Annabelle Lord, President Aorangi Club

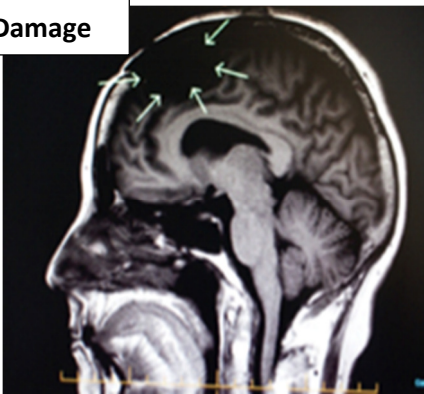


**Ask yourself the question, what if you could:**

- Achieve your full potential?
- Protect your brain against future dementia?
- Improve with age?
- Create resilience in case of damage by stroke or accidents?
- Recover better from head injuries and stroke?

Science shows that the answer to these questions is YES you can. As a 'Wiring Warrior', Janis would like you to join her in a quest that has personal, social and economic importance.

Damage



**Will you spend ninety minutes of your time and \$45 to discover**

**five practical principles?**

*Janis Grummitt is a speaker and writer who speaks from personal experience of building her brain after damage caused by a large brain tumour. Her story and the simple steps she developed shows the potential of our brain when we harness neurological research, practical application and willpower.*

*Janis had a tumour the size of a large egg removed from her brain in August 2007. Now she has a hole in her head but is fully functioning again. Fascinated by research into the brain and its potential, she developed the SPECS approach for her own recovery.*

**Start your day with a coffee and a shot of inspiration**

Quality hotel (formally Barrycourt), Parnell 0830 – 1000 on Friday November 22<sup>nd</sup> 2013 \$45+ GST including coffee and a take-away card.  
10% Of the proceeds from this event will be donated to the Neurological Foundation of New Zealand for their important role in research.

Book at: <http://www.workplacewisdom.co.nz/main.php?content=shop>

or email [john@workplacewisdom.co.nz](mailto:john@workplacewisdom.co.nz) and take up the challenge of becoming a Wiring Warrior.

**Want to learn even more?**

A half-day master class will be offered at a later date; details TBA.