

needed it. did it. loved it.

Recruit a new member and go into the draw to win a **5 night Optimal Wellness Program for two at the Golden Door Wellness Retreat & Spa, Hunter Valley** valued at over \$6,000

The perfect place to reset your mind and body and gain a wealth of knowledge to create a healthier, happier and more motivated you. You and a friend will experience:

- 5 nights' accommodation in a private villa
- Personal welcome consultation on arrival
- All nutritious meals and snacks
- Diverse selection of group fitness activities, relaxation and mind-body classes
- Daily program of health education seminars and workshops
- Use of all the facilities including a heated indoor pool, outdoor pool, tennis courts, gymnasium, indoor activity studios and outdoor relaxation areas
- Two luxurious spa treatments including one Classic Facial and one Swedish massage
- One wellness consultation with your choice of: wellness coaching, meditation, yoga or standard personal training session
- Access to all the spa facilities including steam room, spa bath and relaxation lounges.

Guided by a team of health professionals, this program will give you a complete understanding of the art of skilful living and homegrown wellness – a results driven concept the Golden Door team is highly trained in. Optimise your goals to reach new heights in all aspects of your life.

Every member you sign up over the year gives you an entry in the draw!

RECRUITERS NOTE: Join online at www.nswnma.asn.au

If you refer a member to join online, make sure you ask them to put your name and workplace on the online application form, so you will be entered in the draw.

THE 2019 - 2020
NSWNMA
Member
Recruitment
scheme prize

PRIZE DRAWN
30 JUNE 2020



GOLDEN DOOR™
WELLNESS RETREAT & SPA
Hunter Valley

