



Nutrition Workshop

Presented by Teresa Sawyer

Naturopath & Nutritionist

Bachelor of Natural Therapies (Southern Cross University)

Advanced Diploma of Naturopathy (Australian Academy of Natural Therapies)

Saturday July 31st

2-4pm

Cost: \$50 or \$80 for Couples

- Learn how to have a healthy diet
- Learn how to improve your diet
- Learn the nutritional value of a variety of different foods
- Learn how to identify vitamin and mineral deficiency and toxicity signs
- Learn how to reach recommended daily intakes

Venue: Brindabella Natural Health Centre
1st Floor Dickson Chambers, Dickson Shops
(opposite the post office)

Book Now On: **(02) 6262464**