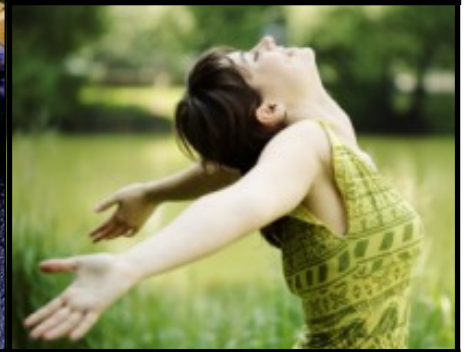


# Health Seminar at Maroubra

## Everyone's Welcome!!



### Lifestyle Seminar

This seminar will **educate, inspire, motivate** you, implanting in you the **desire** to want **to be healthy**.

### Cooking Classes

Learn how to prepare and taste test **nutritious & appetizing vegetarian** meals.

**This seminar** will focus on **4** of the top **10** health diseases society is facing today:


- **Cancer**
- **Heart Disease/High blood pressure**
- **Diabetes**
- **Allergies**

Learn how to prevent and/or manage these diseases by living in harmony with the simple agencies of nature provided to maintain and regain life & vitality. **One topic each night.**

 **Cost:** \$5 per night

 **When:** **Tuesdays** **Sept. 22<sup>nd</sup> 29<sup>th</sup> & Oct. 6<sup>th</sup>, 13<sup>th</sup>**

 **Venue:** Bowen Public Library: Level 3  
669 Anzac Pde  
Maroubra, NSW 2035

 **Time:** Presentation 6:30 - 7:15 pm  
Cooking Class 7:30 - 8:30 pm

### Presenters

- **Sue Radd, APD.**
- **John Korean, M.T.**
- **Marcia Townend, APD**
- **Renee Wawrzyniak, N.D.**

**For more information:** 0423 405 557