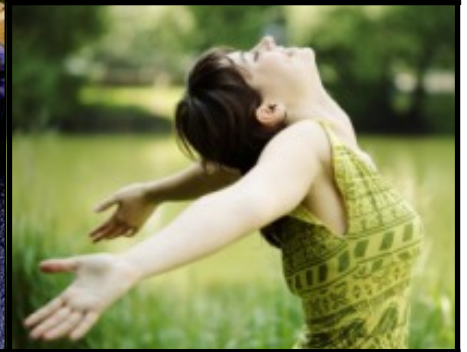


Health Seminar at Maroubra

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. 22nd 29th & Oct. 6th, 13th**

 **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