



AN INVITATION TO

# Health Matters

presented by **SUE RADD**, Nutritionist, Author & Speaker

**STAYING IN SHAPE, *april 28***

- 7 Strategies for Waistline Management

**CANCELLING CANCER, *april 29***

- Latest Research Recommendations

**STAYING YOUNG LONGER, *april 30***

- How to Turn Back the Clock and Live to 100!



Sue Radd is one of Australia's leading nutritionists and health communicators. She is the Director of the Nutrition and Wellbeing Clinic in Sydney, and a consultant to the food and pharmaceutical industries. Recognised by her peers as an expert on plant foods and phytonutrients, Sue is co-author of the internationally published *Eat to Live*. Sue is a well-known face at major nutrition conferences globally.

**7:00-8:30 COMMUNITY SERVICES CENTRE**

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