EAT BETTER

FEEL BETTER

Central Coast

Was thinking this could be fruit and vegetables in the shape of a waist with a tape measure measuring the waist

Interactive Workshops

March & April 2019

Presented by qualified Nutritionist

Food for a Healthir happier Life for you and your family

Free for NSW Central coast residents

All ages welcome

Learn About:-

* Foods that improve your health
* Basic nutrition
* Gut brain connection
* Portion size
* Menu planning
* Preparation
* Eating

Benefits:-

Reserve your spot online at [www.eatbetter.com.au](http://www.eatbetter.com.au) or call 0450 173 159

* Improved Health
* Improved Energy
* Manage Chronic Illness
  + Diabetes Type II
  + Cholesterol
  + Blood Pressure
* Family fun