

Wake Up to Wellness Workshop

New Body, New Beginnings!



**Food Philosopher &
Nutritional Strategist**
Sherry Strong

Sherry Strong is the Curator and Co-Founder of the World Wellness Project, former Victorian Chair of Nutrition Australia & Slow Food Melbourne. Sherry started a cooking school called the Foodlovers Workshop in Melbourne in 1993 after working as a chef in the Melbourne restaurant scene. She now travels the world speaking and writing about food and its connection to our wellbeing.

This One Day Workshop will cover how you can;

- **Slow the Ageing Process**
- Dramatically Increase Your Energy
- **Look Years Younger in One Month**
- Wake up Vital & Happy Every Morning
- **Beat Addictions & Eliminate Temptation**
- Avoid Ageing Foods & Crave Life Giving Foods
- **Techniques and Strategies to Ensure Ongoing Success**

Where: 100 Park St Level 2
(Rescom bldg)
South Melbourne
Corner of Park & Kingsway

When: Saturday February 13
8:30 Registration
9am sharp start til 5pm

Bookings: Nicci & Paul at Miss Organic
03 9077 5000
info@missorganic.com.au

Cost: \$197
Includes: workbook & lunch

Name: _____

Email: _____

Contact Number: _____

Payment: \$ _____ + 2% for credit cards
Credit Card Type: Visa Mastercard Cash

Number: _ _ _ _ _

Expiry: _ _ / _ _

Signature: _____

Or
EFT: Miss Organic
BSB 063-128 Account Number # 1038 6649