

# Wake Up to Wellness Workshop

## Getting the Body & Life YOU Deserve



### Sherry Strong Food Philosopher & Nutritional Strategist

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**
- Bounce out of Bed Happy, Every Morning
- **Beat Addictions & Eliminate Temptation**
- Avoid Ageing Foods & Crave Life Giving Foods
- **Achieve Super Healthy Weight Loss without Dieting**

**Where:** 100 Park St Level 2  
South Melbourne  
(look for the orange  
Rescom bldg)  
Corner of Park & Kingsway

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Contact Number: \_\_\_\_\_

**When:** Sunday, June 27th  
8:30 Registration  
9am sharp start til 5pm

Payment: \$ \_\_\_\_\_ + 5% processing free for credit cards

Credit Card Type: Visa    Mastercard    Cash    EFT

**Bookings:** Sherry 0412 098 992  
sherry@sherrystrong.com

Number: \_\_\_\_\_

Expiry: \_\_ / \_\_

Signature: \_\_\_\_\_

**Cost:** ~~\$345~~ **\$197**

**Includes:** workbook & lunch,  
3 hour food demonstration

EFT payment:

BSB 123 617

Account name: S L Strong

Account Number: 20577572

## Feedback from the February 2010 Workshop

*"I enjoyed the cooking demonstration, all the content, the take home workbook, absolutely every minute of it! The most inspirational and interesting presenter that I've ever met."* **Fiona**

*"Sherry is a dynamo, I enjoyed the taste tests, great information, very enlightening, Sherry is fantastic, engaging, interesting, great stories, informative, one of the most amazing smiles I've ever seen."* **Shane**

*"Great way of awakening the spirit by giving moments to reflect on ourselves, great to combine the practical and the theory, Sherry is effervescent giving, generous and inspiring, glowing from the inside"* **Ewa**

*"This message needs to be available to as many people as possible, Sherry is present to herself, the universe and others. I enjoyed the generosity & value provided throughout the day. I am in love with Sherry!... centred, real humble generous knowledge."* **Anneli**

*"Awesome! Gr8 knowledge and lives the talk"* **Lynda**

*"Sherry has an amazing ability to impart her wisdom, passion and knowledge in a simple, fun & easy to understand fashion, she is funny generous, genuine, insightful and non-judgemental-) would have liked another 9 hours!!"* **Katie**

*Excellent!! Fantastic!!! Entertaining!!!* **Dr. Kristian Ronacher**

*"I am more aware & feel empowered I will gradually start making changes in my food choices & hopefully quietly influence those around me. Sherry.....Wonderful! Funny, warm, very knowledgeable, A delight."* **Ania**

*"I loved everything. I think Sherry is fabulous, I really like/respect her honest and sincerity."* **Emma**

*"Sherry's content is brilliant, convincing and humorous, 10/10", life changing.* **Ian**

*"Loved the delicious food! Sherry's wisdom, fun, easy to listen to. Great personal examples."* **Donna**

*Loved EVERYTHING! Amazing, Inspirational, motivating and funny! The perfect combination.* **Michaela**

*"I enjoyed seeing how easy it was to actually prepare the amazing food we ate, then getting to taste hw YUMMY it was. Sherry is smart, passionate about her message, invaluable for our future and the future of our planet."* **Julie**

*"I enjoyed Sherry's energy, realness & grace, the information shared incl the workbook and the new way to prepare food. Thanks for a wonderful day/experience."* **Diana**