



JUNAYA

Family Development
Services

Contact:
ph: 9621 3922
fax: 9831 7966
info@junaya.org.au

Address:
PO Box 8481
BLACKTOWN NSW 2148

JUNAYA FAMILY DEVELOPMENT SERVICES

www.junaya.org.au



food is fuel workshop

Happy Kids | Happy Families

Parents | Carers are . . . invited to attend a **free** nutritional workshop.

Introducing Discussion Topics:

- ▶ Ways to avoid the nasties in foods - additives and preservatives
- ▶ How food can help kids' immunity
- ▶ Food and sleep patterns
- ▶ Food and stress - good or bad?

When: 15 June 2017

Times: 6 - 8pm (2 hour session)

Venue: Max Webber Function Centre
Cnr Flushcombe Rd & Alpha Sts
BLACKTOWN NSW 2148

Who: Parents & Carers of children 11-18y.o.

Free Offsite Childcare:
Available. Details provided at registration.

Presenter:

Genevieve Mlotkowski Naturopathy

My name is Genevieve and I have over 18 years of experience in the natural health industry and I'm an Accredited Member of the Australian Traditional Medicine Society & National Herbalists Association of Australia.

I have developed this *workshop for families* to share the type of nutritional information which will bring greater health and well being to all.

BOOKINGS ESSENTIAL



For further information, expressions of interest & to make bookings,

Please phone: 9621 3922