

Food for Thought

Only \$5
Each Session

Nourished Lifestyle Support Program helping you to live better with chronic illness

There are 8 workshops running in this highly interactive science-based program. Each session focuses on a unique theme and includes morning tea, a food demonstration and a meal. We encourage you to attend all 8 workshops. You can attend a single session. Numbers are capped at 30 participants so please register your interest early.

Time: 9am to 1pm

Cost: \$5 per workshop

RSVP: (03) 5289 4360 or email
communityreception@gorh.vic.gov.au

Location & Dates:

- **Gellibrand Community House**
Every Monday in May and July
- **Wye River Surf Club**
Every Tuesday in May and July
- **Birregurra Mechanical Hall**
Every Wednesday in May and July

For more information visit: www.greatoceanroadhealth.com.au/news/events

- Sleep and rest better

- Cope with stress, pain and illness

- Gain more energy

- Improve your health