

Conversations Around Good Health

with Jillian Betts

Food - the good, the bad, dos & don'ts - based on evidence based science.

Information will be provided to help you make informed decisions to improve your health.

❶ **Session 1** [August 3rd]

Gluten free or not to be, glyphosate and the gut.

❷ **Session 2** [September 7th]

Good foods/bad foods leading to better health

❸ **Session 3** [October 5th]

The essentiality of minerals, trace minerals, and rare earths in health

❹ **Session 4** [November 2nd]

The Different Diets, Discussions, Questions & Answers, Tips & Tricks



Venue: Minnowarra House, 24 Numulgi St, Armadale

Dates: 1st Saturday of month, August - November

Time: 2.00-3.30pm

Cost: \$15/session - afternoon tea with healthy snacks provided

Bookings essential. Call 0418 775 895 to book