

Next Sunday Health Seminar

Morning Session: - with Julie-Ann Morman



Jules' Kitchen Rules - Vegan Cooking Demo

Julie-Ann is the operations manager of Tasty Az, a catering and hospitality social training enterprise assisting able and disabled young people to gain employment in the hospitality industry. She has had vast experience over the past 25 years including establishing catering operation in golf resorts, assisting coordinate catering on luxury cruise liners, including the QE II, and national and international 5 star hotels, co-managing the model Mitchell View training restaurant at Swinburne TAFE and working as a hospitality educator.

Julie will be sharing her expertise with us in the preparation of whole food, plant based recipes.



Afternoon Session - with Elaine Coetzee



The Role of Exercise in the Prevention of and Recovery from Illness eg heart disease, stroke, diabetes, osteoporosis, cancer, etc. Recommended daily levels of exercise.

Practical Back and Neck Care. How to Look After Yourself!

Elaine is the physiotherapy manager of the Latrobe Regional Hospital in Traralgon, Victoria. She holds a Master of Physiotherapy and a Diploma of Community Health Education. As a physiotherapist she has worked internationally in England, Canada, Russia before emigrating to Australia and practicing on the Central Coast of NSW. She and her husband Jacques (an anesthetist) have for a number of years run a popular whole food, plant based recipe club in the Moe area of Victoria. Both Elaine and her husband make it a priority to be fit and eat healthfully.



Venue: Steps to Life, 15 Industrial Park Dr., Lilydale 3140
Dates: Sunday, 6th April, 10am - 3pm
Registration Fee: \$24 - Free optional lunch provided, indicate on registration
Bookings Essential: 9739 4093 RSVP by 31st March
Cancellation: No refund given unless notified by 31st March
Website: www.steps.org.au