

# Sick Vegetarians and the



with Oscar Sande

## Why Do Our Lifestyle Practices Attack Our Health, Despite the Fact that we are Vegetarians?

There is an ever growing community of

- Vegetarians with diabetes
- Vegetarians with hypertension
- Vegetarians with high body mass
- Vegetarians with muscle wasting

# Why?

In General, **Sick** Vegetarians!

# Find Out...

- What's Missing
- What Needs to be Removed
- What's Essential
- When to Supplement
- Menu Samples
- And More!



Venue:

Dates:

Registration Fee:

Bookings Essential:

Cancellation:

Website:

Steps to Life, 15 Industrial Park Dr., Lilydale 3140

Sunday, 24th November, 10am - 3pm

\$24 - Free optional lunch provided, indicate on registration

9739 4093 RSVP by 18th November

No refund given unless notified by 20th November

[www.steps.org.au](http://www.steps.org.au)