

A Fresh Taste for Life

Creating phenomenal long-term health
...with food to live for



- Do you spend much of your day feeling irritable and lethargic?
- Do you get headachy and feel a bit unwell if you miss your morning coffee?
- Do you look in the mirror and see dull skin and eyes, and maybe a few extra kilos that you wish weren't there?

Would you like to discover a way of eating that can give you increased vitality; take five years off your face and body; and give you clear, radiant skin and sparkling eyes?

If your answers to the above are a resounding 'yes!', then you'll **love** this event! In this one-day class, Andrew Jobling and Joanne Newell reveal not only the benefits of eating a high-raw diet (which includes raw fruits, vegetables, nuts, seeds and sprouts), but how to put in place effective strategies that guarantee long-term wellbeing.

Eating high raw can **transform** your life, and be an absolute **taste sensation**. Joanne will introduce you to raw food, share her raw-food journey, and answer any questions you may have. She'll also demonstrate a few special raw-food recipes – including a green smoothie! (Are you curious yet?) You'll be able to **sample** everything that Joanne creates*, and we'll even give you the recipes.

Will you join us for a day of fun, food and inspiration?

- When:** Saturday 28 November – 9.30am registration for a 10am start, finishing at 3.30pm.
- Where:** Richmond Library, 415 Church Street, Richmond. Enter via Church Street entrance or for lift access go via the library entrance.
- What's included:** a *Fresh Taste for Life* workbook (which includes recipes and resources), and a free goodie bag. Morning tea and a scrumptious raw-vegan lunch are also provided*.
- How much:** \$157 per person
- How to book:** visit <http://www.andrewjobling.com.au/store.php#freshtaste>

*If you have a tree-nut allergy, please let us know at the time of booking.



Andrew Jobling
ANDREWJOBLING.COM.AU

Andrew Jobling is Melbourne's leading health and lifestyle speaker, consultant, and author of *Eat Chocolate, Drink Alcohol AND Be Lean & Healthy*. Andrew can be contacted on 0414 973 315.



Raw Mom
Fresh Thinking for Healthy Families

Joanne Newell is the Melbourne-based author of *I'm Hungry, Let's Cook!* recipe book and the recently released *Monkey Mike's Raw Food Kitchen: An Un-Cookbook for Kids!* e-book. She's also a blogger for Canadian conscious-parenting site www.rawmom.com, and is a supermum to twins. Joanne can be contacted on 0418 517 567 (after 11 October).

Book your place
by **Friday 30 October** &
you'll go in the draw to
win a dinner for 2 (food only)
valued at \$90 at
Le Cru
raw-food restaurant
in Albert Park.

PS Why not bring a friend?