

ASTRO Networks Victoria Inc.

is proud to present

Michele Wolff

to speak on



How to Have a Healthier, Happier Life through Food and Nutrition

Michele has qualifications in Naturopathy (B.HSc), is a Registered Nurse, Hypnotherapist and Aromatherapist. She is Lecturer with over 20 years experience in natural medicine specialising in digestion, detox and food as a medicine, and is the Author of *'Digestive Solutions' – 101 Proven Methods to Solve your Tummy Problems Naturally.*

Michele will share her years of clinical experience in treating patients on how to overcome stomach and bowel problems. She will show you how to master your own personal digestive health so that you can feel great and create a life without pain and discomfort.

The Evenings' Presentation will Focus on;

- *Food as Medicine for Energy.*
- *5 Key Dietary Habits to Increase Energy.*
- *How to Use Food as Pharmacy for Digestive Problems.*
 - *Tips and Secrets for Anti-Ageing.*
 - *Natural Health Strategies for Wellbeing.*
 - *How to Treat Inflammation Naturally.*

Learn how to Increase your Energy & Sense of Wellbeing through Nutrition and Digestion. A Very Informative Evening! See You There!!

Monday, 13th of November, 2017

7:45 p.m. (8:00 p.m. start)

Members - \$5.00

Non Members - \$15.00

Kew Library, Cnr Cotham Road & Civic Drive, Kew, 3101

Organic Teas/Coffee/Herbal Teas with Biscuits provided

For more information about this and other ASTRO events contact Sergio or Josephine on (03) 9857 8719 (AH) or Email to; astro@home.netspeed.com.au or write to; P.O. Box 4032, Balwyn, Vic., 3103
Website Address: www.astronet.org.au