

ASTRO Networks Victoria Inc.

is proud to present

Michele Wolff

to speak on



How to Live a Healthy Lifestyle

Michele has qualifications in Naturopathy (B.HSc), is a Registered Nurse, Hypnotherapist, Colon Hydrotherapist, Aromatherapist and Practitioner of Ayurvedic medicine. She is a Senior 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.*

Connecting with nature, having a healthy routine, exercise, and a healthy diet are key to having good wellbeing. At the same time, avoiding environmental chemicals in the home and on the body are paramount to disease prevention. What we think and how we feel also affects health. Ayurveda and Naturopathy have easy effective ways to make a big difference to your health through specific self-care practices and daily routines. How you implement them to give you a healthier life will be explored.

The Evenings' Presentation will Focus on;

- ❖ *Daily Body Routines for a Longer Healthier Life.*
- ❖ *How you can Enhance your Digestion with Kitchen Herbs and Spices.*
- ❖ *Working with the Seasons, Night and Day and the Atmosphere e.g. Cold and Hot, Dry and Moist.*
- ❖ *How to Adjust to Life as you Get Older and How the Mind Affects Health.*
 - ❖ *Lowering Chemical Load.*
 - ❖ *Effective Detox.*

**Increasing your Sense of Wellbeing through Nutrition and Digestion.
A Very Interesting and Informative Evening! See You There!!**

Monday, the 9th of September, 2024

Doors Open: 7:45 p.m. (Presentation commences at 8:00 p.m.)

Members - \$5.00 Non Members - \$15.00

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

Organic Teas/Coffee/Hot Chocolate/Herbal Teas with Biscuits provided.

For more information about this and other ASTRO events contact Sergio or Josephine on
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