

Are you looking to engage and educate your community group or association?

Yu Food + Lifestyle introduces **Community Wellbeing Workshops**

The choices we make as a community when it comes to the food that we eat and the lifestyle we lead has a real and long lasting effect on both our families and our environment.

Learn more about seasonal eating, re-awaken the joy of eating wholesome food and learn how to change those old eating habits. Yu Food + Lifestyle takes an interactive approach to inform participants how to step towards maximizing their health and creating balance in their lives.

These workshops are designed to:

- Engage participants in how to make wise food choices to support and improve their own health and the health of their family
- Improve awareness on the nutritional value of food – do you really know what's in the food that you're eating?
- Provide current and relevant information on sustainable eating and living

These workshops are suitable for:

Progressive community groups and associations who want to challenge the choices their members are making about food + lifestyle

Workshops can be specifically designed for:

- Themed Events
- Meeting Educational Requirements
- Conferences and Seminars

The investment:

Each workshop includes a preliminary meeting to tailor the content to individual group's needs.

- **60 Minute Presentation:** \$165 (includes briefing)
- **Half Day Workshop:** \$445 (including a preliminary and post briefing).

Founder and Director of Yu Food + Lifestyle, Kim Bishop, worked successfully in a corporate environment for 19 years. Her passion for food health and lifestyle led to the creation of Yu Food + Lifestyle in 2006. Kim teaches with a refreshing enthusiasm that ensures her interactive sessions are impressive and entertaining.

Testimonial:

Kim Bishop came to give a wonderful talk about nutrition to the cancer support group I facilitate at the Melbourne Therapy Centre. The 2 sessions she ran were both informative and interactive, everyone was interested, involved and entertained. Every person had the opportunity to re-connect with food in a much more holistic way, something we're rapidly losing sight of today and something that is especially important for people whose lives have been touched by cancer. All of us cannot wait to have Kim return to "replenish" us further with more "down to earth" concepts of what real nutrition is. Thank you so much Kim for your time and knowledge.

M Nicholls

For more information or to make a booking contact Kim Bishop from Yu Food + Lifestyle on 0400 049 618