



Sharing stories, finding solutions

KWP presents

## Health & nutrition workshops with Wattleseed Nutrition

*Tracey is a Gamilaroi woman, an Accredited Nutritionist/Practicing Dietitian and Founder of Wattleseed Nutrition and Dietetics, an Indigenous owned business based on the Sunshine Coast. Tracey takes a personalised, holistic and culturally-centred approach to food, food environments, meal patterns, eating habits, health and wellbeing. She has a particular interest in the importance of gut health, traditional foods (aka bushfoods) and therapies and their role in nutritional and total health and wellbeing.*



### Workshop 1: A Taste of Mindfulness (Deep Listening)

- Short meditation
- What is mindfulness
- How does it work
- What is the science behind it
- How does it translate into First Nations Culture in Australia?
- Why is it good for us?
- How do we incorporate it into our lives?
- Sharing circle – ideas on how to incorporate it into daily life

### Workshop details

**When:** Friday, 21st August

**Time:** 10am - 11:30am

**Registration is a must. We'll share the zoom ID on the day.**

**KWP workshops are free and open to all Aboriginal women**

Places are limited, please register by contacting our Koori Women's Place team on 9244 3333 or [kwp@djirra.org.au](mailto:kwp@djirra.org.au)

1800 105 303

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

 @DjirraVIC

 Djirra