



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 2: Introduction to Mindful Eating

- *What Mindful Eating is and isn't?*
- *Benefits of eating mindfully and listening deeply*
- *Examples how ancestors practiced mindful eating*
- *Tools and techniques for practising mindful eating*
- *How do we incorporate it into daily life?*
- *Interactive ways to bring a smile and joy to the table. Includes practices that are suitable for family meals*
- *Sharing circle – ideas on how to incorporate it into daily life*

Workshop details

When: Friday, 28th 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

1800 105 303

www.djirra.org.au

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