



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 3: Mindful Eating Intentions

- Focus on underlying view of mindful eating intention as well as how to work with it as life – and our bodies – continue to change
- How mindful eating and meal planning can co-exist
- Sharing circle – ideas on how to incorporate it into daily life

Workshop details

When: Friday, 4th September

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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