



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 4: How Mindful Eating Affects the Gut-Brain-Axis

- Intro to gut health
- Explain traditional healing links between our gut and overall health & wellbeing
- How food affects our gut health
- Explain the food and mood connections
- Explain the connections between stress, movement and food on our gut health and overall health and wellbeing
- Foods to fuel a healthy gut microbiome
- Sharing circle – ideas on how to incorporate into daily life

Workshop details

When: Friday, 11th 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

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www.djirra.org.au

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