



Sharing stories, finding solutions



KWP presents

Nutrition for Deadly Skin with Wattleseed Nutrition

Tracy is a Gamilaroi woman, Dietitian/Nutritionist, Beauty Therapist and founder of Wattleseed Nutrition, Health and Wellbeing. Wattleseed Nutrition is a 100% Aboriginal owned business based on Queensland's Sunshine Coast. Tracy takes a personalised, holistic and culturally centred approach to foods, food systems and environments, meal patterns, eating habits, health and wellbeing.

In this interactive workshop, you will learn about the basics of how to nourish your skin from inside and out. Learn about the Gut-Skin Connection, discover what foods are packed full of nutrients to support your skin's health and learn how to make simple skincare treatments using native botanicals and ingredients from your own pantry. Both your skin and your spirit will thank you!

Workshop details

When: Friday 11th March

Time: 10.00am - 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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