

CHANGE YOUR FOOD, IMPROVE YOUR HEALTH

TALKS WITH SHERIDAN

Looking to improve your diet and health, and don't know where to start?

Want to be rid of your general health ailments for good?

Learn simple lifestyle changes you can make TODAY to improve your health

WARANA | 7-8pm | \$10

Twenty8, Premier Circuit

- Tuesday 28 March
- Tuesday 30 May
- Tuesday 25 July

MOOLOOLABA | 6.30-8.30pm | \$27

East Coast TAFE, 34 Lady Musgrave Dr, Mtn Creek

- Tuesday 26 September (2 hour in-depth talk)

CHANGING

HABITS

For more information
and to book online, visit:

changinghabits.com.au/events



ABOUT SHERIDAN

Sheridan Williamson is a qualified holistic Nutritionist and a certified Gut and Psychology Syndrome (GAPS) practitioner at Changing Habits. She is passionate about helping and inspiring people to improve the quality of their life, especially those who have been told there is nothing they can do about their debilitating symptoms.

