

Gwydir Learning Region presents

# An outbreak of

# Wellness

## Our health is one of our most precious possessions

It determines how we live, love, work, communicate, and even how we view and appreciate the world around us. To be well and to stay healthy is a desire for all, but a struggle for many.



## Guest Presenter Graeme Sait

Author and educator responsible for hundreds of published articles and internationally acclaimed book *Nutrition Rules*.



The cost for the evening is \$20.  
Bookings will be available through  
the Bingara Visitor Information  
Centre phone 6724 0066.  
Further information contact  
Rick Hutton on 0438 355 197  
[www.roxybingara.com.au](http://www.roxybingara.com.au)

# 8 April at The Roxy - 7pm