



Nature Care College

# DISCOVERY DAY

SATURDAY 10TH NOVEMBER, A DAY OF WORKSHOPS & HOLISTIC TALKS



**No 1 BOOK**

## MICHELE CHEVALLEY HEDGE

AUTHOR: THE HEALTHY HORMONE DIET

Michele Chevalley Hedge is a qualified nutritionist, author and media personality. Michele is founder of A Healthy View, where she runs clinical practices in Sydney and New York. Michele most likes to be known as the 'modern day' nutritionist, and she is an engaging and humorous speaker. Come and hear how quality nutrition can not only improve our physical body, energy and sleep, but also our brain function, memory and moods!

Reserve your place today!

# FESTIVAL OF FREE HOLISTIC WORKSHOPS

**11AM-12PM**  
**HERBS FOR STRESS & MENTAL FATIGUE**  
WORKSHOP WITH SUE HOLLY

**11AM-12PM**  
**DETOX YOUR HOME WITH ESSENTIAL OILS**  
WORKSHOP WITH VARA MARANDA

**12PM-1PM**  
**ENERGY, VITALITY & HAPPY HORMONES**  
WORKSHOP WITH MICHELE CHEVALLEY HEDGE

Whether you are after a rewarding career or looking to grow, Nature Care College provides you with the opportunity to pursue your passions with like-minded people

## DISCOVERY DAY SCHEDULE

ROOM		1:15pm - 1:45pm	2:00pm - 2:30pm	2:45pm - 3:15pm	3:30pm - 4:00pm
LEVEL 2	2C	<b>AYURVEDA &amp; YOGA</b> Two Ancient Traditions to Achieve Optimal Health	<b>REIKI</b> Become a Reiki Master	<b>ENERGETIC HEALTH</b> Bring your body system back into balance	<b>MEDITATION</b> Learn to Facilitate Meditation Classes
	2D	<b>AROMATHERAPY</b> Flourish with the goodness of Aromatherapy	<b>REFLEXOLOGY</b> Heal Through Feet & Hands	<b>MASSAGE THERAPY</b> The work will change you and the practice fulfil you	<b>ASTROLOGY</b> Pursue your passion for Astrology
LEVEL 3	3B	<b>NATURAL MEDICINE + TRADITIONAL PRACTICES</b> Naturopathy, Herbal Medicine, Homoeopathy	<b>HOLISTIC WELLNESS COACHING</b> How we think, feel & engage with the world affects our overall health!	<b>HOLISTIC FOOD &amp; NUTRITION COURSES</b> Explore the healing powers of food & good nutrition	<b>WHOLEFOOD &amp; PLANT-BASED NUTRITION</b> Eating with a lighter footprint makes for a sustainable future & a joyful way of living
3A		<b>COURSE ADVISORS 12PM - 4PM</b>			

\*PROMO\* Enrol in a Professional Training Qualification for Term 1 on or before Discovery Day & receive a discount of \$95!