

# Good Food Good Mood with Joel Feren

**Good nutrition leads to good mental wellbeing!**

**Tuesday 14  
September**

**Online presentation  
7.30pm to 8.30pm**

**Bookings  
essential**



**Free**

The Nutrition Guy, aka Joel Feren, is an Accredited Practising Dietitian and Accredited Nutritionist as well as recipe developer and nutrition consultant.

Joel's Good Food Good Mood online presentation focuses on the important relationship between good nutrition and good mental wellbeing.

Following the 40-minute presentation, participants will have the opportunity to ask questions. Questions can also be sent in at the time of booking.

**Online presentation - Tuesday 14 September | 7.30pm to 8.30pm**



## **Bookings**

[www.trybooking.com/BRYCG](http://www.trybooking.com/BRYCG) or scan the QR code.

Bookings close 6pm, Tuesday 14 September.

This session is proudly brought to you by Maroondah City Council and



## **For more information**

Please call Fiona Burrige, Be Kind Maroondah Facilitator, on 1300 88 22 33.

Mr Joel Feren appears by arrangement with Saxton Speakers Bureau



Maroondah City Council



CityofMaroondah



maroondahcitycouncil



Maroondah City Council

**1300 88 22 33 or 9298 4598**  
**[www.maroondah.vic.gov.au](http://www.maroondah.vic.gov.au)**