

Good Food Good Mood with Joel Feren

Good nutrition leads to good mental wellbeing!

**Wednesday
22 September**

**Online cooking
demonstration
11am to 12 noon**



Free

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

Don't miss this fun, live cooking demonstration where Joel will use simple and easy to find ingredients to make healthy snacks and smoothies. Join us in the comfort of your home and learn how to recreate these healthy recipes for the whole family to enjoy.

Book now at <https://www.trybooking.com/BTTTTD>

For more information

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

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

each



**neami
national**
Improving Mental Health
and Wellbeing



EASTLAND

Mr Joel Feren appears by arrangement with Saxton Speakers Bureau



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1300 88 22 33 or 9298 4598
www.maroondah.vic.gov.au