

LEARN HOW TO SHINE FROM THE INSIDE OUT

- ✓ Do you want to stop feeling bloated?
- ✓ Would you like to improve your skin in relation to acne, wrinkles, and brown spots?
- ✓ Do you want to reduce cellulite?
- ✓ Do you want to know what is the best grain to strengthen your hair and nails?
- ✓ Would you like your gaze to be luminous?

Come along to this free one hour talk and ask the questions you have always wanted to ask!

What you will learn

Together with Elena Ballatore (Naturopath and owner of Mother Natura Holistic Health and Therapies in Malabar) we will explore which foods are beneficial for our body parts, hair, nails, skin, tone of the tissues eyes, abdomen, and how the right food can make us not only healthy but to shine from the inside out!

Numbers are limited. Bookings essential.

Register

www.wealthofhealth.com.au/events

When

Wednesday, 20 May
Time: 6.30 - 7.30 pm

Venue

Coco's Wealth of Health
936 Anzac Parade, Maroubra

Cost

Free!
Enquiries: Coco 02 9349 4689 or Elena 0450 549 703

Hosted By



Elena Ballatore
Naturopath

Presenter: Elena Ballatore, ND (adv.dipl nat (ACNT, Sydney), Dipl. Nat (SIMO, Milan, Italy), LLM (Uni Turin, Italy), DEUF (Uni Lyon, France).