

Health, Nutrition & Supplementation

FREE Health talk –
Tarragindi

Sun 8th Sept, 2–4pm
RSVP: Mandakini
0414 630 163



Speaker:
Mandakini Foux,
BSc, Dip Nutrition–

Is a Wellness Consultant and
educator.

For nearly 3 decades, she has
been teaching and guiding

people, from all walks of life, in Australia and
around the world, to achieve better health and
wellness.

Utilising Nutrition, Supplementation,
Therapeutic Yoga, Detox Programs and Zumba
Fitness.

Mandakini is passionate about sharing the
message of wellness and Anti–Aging, and love
seeing people's lives transform.

All Welcome



Would you like to?

- * Have the confidence that you are meeting your nutritional needs
- * Experience more energy
- * Improve brain function & mood
- * Improve Digestion and Hormonal function
- * Support your immune system

The talk will cover:

- *Do we need nutritional supplements?*
- *Which groups of nutrients are essential?*
- *How to evaluate various brands?*
- *What are Glycans and why they are essential to our health?*

"Every Disease that affects humans Significantly involves Glycans." **National Academy of Science**

"I used to suffer from back pain and severe hormonal issues. Since following Mandakini's program, I'm pain free, my hormones have settled, and I lost 10% body fat"
Mel, Registered Nurse, 53

Where?

**73 Pozieres Rd,
Tarragindi**