

GOLD Cooking for a Healthy Gut



Wednesday 7th June 2023

10am - 11:30am

Join us in this hands on workshop and create healthy high fibre recipes to keep your gut healthy.

Location: Brighton Wellness Hub

Cost: \$5

Bookings are essential. Open to Brisbane senior residents.

Please register online at

<https://training.naqlnutrition.org/courses/gold/>