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**Healthy and Enviro-friendly Party Craft Workshop**

Learn how to be resourceful and create greeting cards, gift bags or healthy party favours all from recycled/second hand and mostly recyclable materials.

Party bag goodies include:

* Packet of vegetable seeds to plant
* Jokes
* Puzzle (crossword or find-a-word)
* Colouring in picture/comic/origami etc

The future is swapping! Bring your own materials to swap for some pre-made cards: paper bags, jars, cardboard, ribbons, string, rubber bands, old wrapping paper, spare pages ripped out of an exercise book, old comic or story books, colouring in books and anything else you can think of that could be upcycled in a craft project.

All ages welcome.

Date: Thursday 1st September

Time: 3:30-4:30pm

Address: 196 Liverpool Road, Enfield (Park and enter on The Parade)

Cost: $15 per person or $5 per party bag created (minimum 3)

To book your place please call 0407 492 278 or email [brightdiets@gmail.com](mailto:brightdiets@gmail.com)

If you are interested in attending but the time and date does not suit, please get in contact so future groups can run at a suitable time for you.

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**Feel happy, healthy and vibrant.**

Bright Diets is run by Carin Clegg, Accredited Practising Dietitian and Personal Trainer located in the Kogarah and Enfield areas.

I understand the challenges people face regarding the role of food and their health. Often there is no one diet fits all approach or one therapy fits all approach and that making changes is actually quite difficult.

Specializing in food allergies, food intolerances, intellectual disability (such as ADHD, ASD), paediatrics, fussy eating, weight management, diabetes, heart health IBS and much more, I can help you and your family understand the role of diet in your life and find the right diet you need to feel bright in every sense of the word.

**Consults**

60 minute (initial) $100

90 minute (initial complex -food intolerance, family) $150

30 minute follow up $52.95

Home visits also available.

Rebates are available through Medicare and private health insurance companies.

**Educational Cooking Classes**

Healthy Eating for Parents and Children

Fussy Eating for Parents and Children

**Nutrition talks**

Food Allergy and Intolerance

Healthy Eating

Weight loss

Fussy Eating

Diets for ADHD and ASD

For appointments or a complementary 10 minute consult Carin on **0407 492 278** or [brightdiets@gmail.com](mailto:brightdiets@gmail.com).

Visit www.brightdiets.com.au for information about various services and packages.