

# Wellbeing Series

With naturopathic nutrition consultant Jan Purser  
and Tracey or Carrie cooking



## Keeping Slim and Beating the Bulge

Now Australia has been declared the fattest nation on earth it's time to take steps to avoid becoming a spare tyre statistic. You'll learn easy ways to get trim and stay slim.

**Saturday 13th March 2010 1.00pm to 3.00pm**

## Cholesterol Control ~ Metabolic Syndrome

Metabolic Syndrome can develop if you have the risk factors for heart disease and diabetes all at one time. These include high cholesterol, high blood pressure, raised blood glucose and middle-body fat. Learn how to prevent or manage this syndrome and keep healthy.

**Saturday 22nd May 2010 1.00pm to 3.00pm**

## Low GI ~ Eating for Energy

Low glycaemic foods are those carbohydrates that take the longest to be digested once eaten. In this class you'll learn how to eat to ensure you have good energy levels all day long.

**Saturday 24th July 2010 1.00pm to 3.00pm**

## Women's Hormone Health ~ Keeping Balanced

Women have much to contend with through their lives with hormones going skewiff from time to time. Jan teaches you how to eat and what you could take to keep your hormones as balanced as possible throughout your adult years, from PMS to menopause and beyond.

**Saturday 11th September 2010 1.00pm to 3.00pm**

## Fabulous Vegetarian

Numerous studies have shown having a vegetarian diet reduces many factors that cause disease, it is also a delicious way to eat! This class shows how to incorporate fabulous vego meals into your week and you'll discover how to ensure you have all the essential nutrients covered. This class is suitable for non-vegetarians and vegetarians alike!

**Saturday 6th November 2010 1.00pm to 3.00pm**

## Super Foods Keeping You Healthy

Jan shares with you the latest research on super foods and other disease-fighting strategies to help keep you feeling really great! Find out how simple it is to boost your health using this amazing and important list of foods.

**Saturday 5th February 2011 1.00pm to 3.00pm**

All classes \$125.00 per person (Cooking Club Gold Members \$112.50) Full details on website.

*Have you joined our Cooking Club yet? Join online via our website today!*

MATTERS OF TASTE COOKING SCHOOL

103 Harris Street Bicton WA 6157

Tel: 9319 1097 [www.mattersoftaste.com.au](http://www.mattersoftaste.com.au)