



## BPW Joondalup

Business and Professional Women Australia

BPW Joondalup invites you to "Think BIG" about...



## The Power of Nutrition

presented by Helen Frost

Helen Frost is recognised as one of the top nutrition educators in Australia with over 30 years experience in education, health, nutrition, fitness, weight management, anti-ageing, eating disorders and addictions. She is also a regular presenter on Radio 6PR 882 (Thursday at 12.30pm).

Helen will present positive nutritional and lifestyle strategies that can help to lift the dark cloud on mental health issues and take the guesswork out of achieving optimum health and vitality. The key is knowing how to put the right foods in your body, at the right time of the day, in the right amounts. It is the 'how' and the 'why' that makes the real difference to mental and physical health.



**IMPORTANT:** October's dinner meeting will also be a fund-raiser for Project Five-O in Mexico, since we have committed to sponsoring our three nurses there for three years training. An auction will be held similar to the recent one for the Tabitha Foundation (Brenna Watt's trip to Cambodia) and **all members are kindly requested to bring along an item for auction.** Since Christmas is on the horizon, it is suggested that something in the nature of a gift be donated, unwrapped and enticing. Don't forget to bring a **little extra cash** for the night, as there is bound to be something tempting on offer!

*We look forward to you joining us –*

- When:** Tuesday, 9th October 2007, 6.30pm for a 7pm start.  
**Where:** Joondalup Function Centre, City of Joondalup Buildings, Boas Ave, Joondalup (same level as library). *Map available on our website* (visit the address in the box below and click on 'calendar').  
**Cost :** \$33 for members, \$38 for guests (2 course dinner and coffee).  
Please note – all bookings for dinner must be paid for.  
**RSVP:** By noon on **Friday, 5th October 2007** to our events officer Bianca Chantry; ph: 0424 504 613, email [biancachantry@yahoo.com.au](mailto:biancachantry@yahoo.com.au)

**"Think BIG"**  
with  
BPW Joondalup  
**2007**

BPW is an international organisation that educates and informs women, undertaking research and projects aimed at making a positive difference for women. At a local level BPW offers great opportunities for developing social and professional networks for women of all ages.

To discover more about BPW Joondalup visit <http://stayingintouch.com.au/bpwjoondalup>

Thanks to our sponsor:



Contact Brenna Watt on 0422 944 772