

Don't let study stress you out

FEED YOUR MIND

THURSDAY
4 OCTOBER

6-8PM

Join Naturopath and Nutritionist, Layla Metcalfe and discover how food can help you manage stress, increase memory and improve study performance.

This is a free event for 14-24 year olds held at Manly Library. Parents and Carers welcome.



Register or find out everything you need to know about this event at KALOF.com.au

Any questions? Give us a call on 9970 1629 or shoot us an email youth@northernbeaches.nsw.gov.au



LAYLA METCALFE
NATUROPATH & CLINICAL NUTRITIONIST

