

# Upcoming Mile & Bite Nutrition Workshop



## POWER BALLS

Sugar's 50 different names

**SUNDAY  
16 & 23  
OCT**



## ARUGULA PESTO

Healthy Fats & Super Foods

**TBC - NOV**



## AVO CHOC MOUSSE

Healthy Fats & Super Foods

**TBC - NOV**



## FRITTATA

How much protein for  
runners & non-runners?

**TBC - NOV**

**Location:** Mid-Levels

**Time:** 3pm - 530pm

**Cost:** \$300 - 500 incl. ingredients & materials

**Register:** whatsapp Vicky Sham on 98896839





# Mile & Bite Workshop Format

A short  
presentation  
& group sharing



## SUGAR: THE SWEET DANGER

MILE & BITE HEALTH COACHING WORKSHOP  
2 SEPTEMBER 2022



Create your  
own treats  
*Recipes, ingredients &  
materials are provided*

Socialise,  
chill & relax



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# Who Should Join and what do you get?

SUNDAY 16 & 23 OCT RECIPE  
CHOCO-POWERBALLS



- 1 Runners & Non-Runners
- 2 Simple & healthy recipes
- 3 Increase awareness over  
nutrition, food labels
- 4 Socialise & share health tips

**Date:** Sunday 16 and 23 Oct 2022

**Time:** 3pm - 530pm

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SIGN UP  
TODAY

For info and registration:  
Whatsapp Vicky on 9889 6839

