

Live WELL

COMMUNITY FAIR



SATURDAY 3rd June 10AM - 3PM

@ BERT OLDFIELD PUBLIC SCHOOL
(1A Oldfield Road, Seven Hills)

- Fun for the kids
- Jumping castle
- Face painting
- Enviro-craft
- Food stalls
- Free workshops and demos
- WSU Solar Car
- Aboriginal Culture talk
- Woodturning
- Lots of fun and discovery for all!



This project is being assisted by the NSW Office of Environment and Heritage



Office of
Environment
& Heritage

FREE WORKSHOPS

WORKSHOP	DESCRIPTION
Save energy, Save money	Tips and tricks to reduce your home energy bills
Climate change & You	How do we sustain our homes and our planet for our children?
Permaculture 101	Unlock the secrets to a successful food garden
Healthy Happy Kids	Healthy food and lifestyle choices for your kids
Feel Good Foods	Cooking delicious plant-based recipes - good for planet, good for you!
How to calm your mind	Unplug from life's stresses
Tai Chi and living well	Learn the basics of Tai Chi for holistic health



Please book your seats as places are limited:
<https://livewellfair.eventbrite.com.au>