



*in conjunction with Mark Hinchey presents*

# Food for thought

*More energy through smarter nutrition*

*One Day Workshop  
Saturday 17 Nov 2012  
Charlestown Community Centre*

Mark Hinchey is a Registered Nutritionist (ANUT) and Naturopath, author and former High School teacher working in Newcastle. He has a Master of Health Education (Nutrition), Bachelor of Health Science (Complementary Medicine), Bachelor of Teaching (Secondary)/Bachelor of Health and Physical Education (Hons.) and an Advanced Diploma of Naturopathy, Nutrition Medicine and Western Herbal Medicine. Mark is the co-author of "The Paradigm Shift in Health". Between the ages of 9 and 19 Mark competed as an elite swimmer at a state and national level, which has contributed to his interest in health and fitness. Mark's main areas of interest include nutrition for sports performance, overweight and obesity and children's health.

*The principles of everyday eating - Competition Nutrition - How much food and when?*

**only \$150 per person (including healthy lunch... of course!)**



Mark Hinchey

***What is included:***

- Full day workshop from 9.00am - 3.30pm
- Workshop booklet with notes
- Lunch by popular Newcastle chef Emrys Tindel from Raw Cafe who is experienced working in the area of nutrition for sportsmen and women.

Charlestown Community Centre is located on Crn of Frederick and Pearsons St, Charlestown

***register at [www.hevents.net](http://www.hevents.net) or call 49348138***