



FAITH, HEALTH and  
WELLBEING COMMITTEE

IN  
ASSOCIATION  
WITH



HIGH PERFORMANCE  
SPORTS PROGRAM

INVITES MOTHERS/CARERS AND DAUGHTERS TO  
A COLLEGE COMMUNITY BREAKFAST

featuring

# OLIVIA WARNES

## SPORTS DIETITIAN



COME ALONG TO AN  
OPEN DISCUSSION ABOUT

- Adolescent Nutrition
  - Family Meal Planning
  - Macronutrient Balance
- and more

### Q&A OPPORTUNITY

Tuesday 6 March | 7:30am - 8:20am

Pam Ronan Centre (Lecture Theatre), Tenison Woods College

Purchase your ticket from the College  
Front Office by Wednesday 28 February

ONLY **\$5.00**  
per  
family



### SUGARLOAF CAFE

Sugarloaf Cafe catering, with  
coffee available to purchase

