



**St Paul's  
School**



A Healthy View™



# How to be a Well Being

## A Presentation by Michele Chevalley Hedge

*Nutritionist and wellbeing expert, Michele is the founder of A Healthy View and Creator of Low Sugar Lifestyle 28 day online program. This program has the accolades of the founder of Black Dog Institute, Peter Joseph, as well as hundreds of schools, staff, and parents across Australia. Michele has clinical practices, authored three books, and appears regularly on tv and radio. She has been nominated Practitioner of the Year 2016 by her industry body the ATMS and is CureCancer ambassador. She is also Jamie Oliver Food Rev Ambassador and was on the expert panel for That Sugar Film.*

Date: **Thursday, 11 October**  
Time: **11.15am – 12.30pm**  
Venue: **St Paul's School,  
Walker Centre**

St Paul's School invites you to attend this presentation to our Yr10 & 11 students. Michele will share evidence based research about food, sleep, exercise, the brain and the body. More information is available at <http://ahealthyview.com/programs/school-programs/>

Please RSVP to Rexina Harding at [r.harding@stpauls.qld.edu.au](mailto:r.harding@stpauls.qld.edu.au) if you would like to attend.

*create your own story!*