



## Come along to the Mediterranean Diet Expo!

We are excited to be joining Two Greek Girls Cooking and a host of speakers and sponsors for a world-first Mediterranean Diet Expo. Held at Brisbane's Greek Club on October 21, 2018.

We would like to invite you to experience this amazing Mediterranean marketplace with us. It's a day jam-packed with food, cooking, entertainment and health seminars focused on the Mediterranean diet. Be educated and inspired to cook, eat and live for great health and a long life. Come and go throughout the day or stay all day – there really is something for everyone.

### Why the Mediterranean Diet?



**Health.** This diet is one of the best complete ways of eating which has been evidenced to reduce chronic disease and promote a long and healthy life. It boasts a high intake of nutritious foods including an abundance of vegetables.

**Suits our Australian lifestyle.** The Mediterranean diet is easy, fresh food which perfectly suits our balmy climate and easy way of life.

**Delicious.** Health and flavour can co-exist! If you are looking for flavoursome recipes the whole family will love, this is the perfect way of eating.

**Sustainable.** Mediterranean eating is not about removing food groups or restrictive diets. It's a sensible approach to food which suits people of all ages and can be enjoyed indefinitely.

#### Health

Learn how to live a long life and promote total body health with talks from specialists in their fields. Learn the benefits of a traditional Mediterranean diet in preventing and treating mental health, digestive, arthritis and all inflammatory diseases. Visit sponsor stalls which promote health and chronic disease reduction.

#### Food & Wine

Learn how to source amazing produce and how to cook and prepare recipes with Two Greek Girls Cooking, authors of Mediterranean Eating; Cook, Eat, Live. Demonstrations continue throughout the day, and you can also visit food stalls featuring amazing Mediterranean food. What's more, the Greek Club's Taverna will also be our hosts for an amazing Greek food, wine and coffee experience.

#### Culture

Be inspired with a Mediterranean lifestyle which is centred around good food, great company and enjoying life. All Australians of all backgrounds are welcome to come and enter this immersive experience. Opa!

#### Event details

Sunday 21 October 2018 11 am – 7 pm (doors open from 10:30 am)

The Grand Ballroom, The Greek Club, 29 Edmonstone St, South Brisbane

Standard Price \$45 all day entry. Children Under 12 free

Discount offer - Get \$10 off your ticket price (\$35) by using the voucher code **MDE18** at checkout.

For more info and to buy tickets visit <https://twogreekgirls.com/mediterranean-diet-expo/> We hope to see you there!