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| **YOU'RE INVITED TO** |

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| **Fascinating stories of Extra Virgin Olive Oil, the Mediterranean Diet and health.****From tree to table from prehistoric to modern times.**In the lead up to Australia’s Biggest Morning Tea, world renowned Mediterranean Diet and Extra Virgin Olive Oil Experts, Dr Simon Poole and Tassos Kyriakides will present at Lara Modern Olives Nursery for the first time.Simon and Tassos will share their fascinating stories about Extra Virgin Olive Oil, the Mediterranean Diet and health. They will also provide their recommendations for a healthy diet, and ways to keep well and stay well for the whole family. |

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| **Tuesday, 14 May 2019**  |

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| **Boundary Bend Olives Nursery 151 Broderick Road, Lara, 3214**Please follow the signs to designated car parking.There will be staff directing you to the event.  |

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| **SCHEDULE**  |

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| **10AM to 10:40PM - Morning Tea** * Arrival
* Join us for an Extra Virgin Olive Oil Inspired Morning Tea from nutritionist Amie Eats.
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| **10:40AM to 11:30AM - Presentation** * Hear from our experts
* Q and A session
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| **RAISING MONEY FOR THE CANCER COUNCIL:**At the event, we will be selling copies of Dr Simon Poole’s Book – **The Olive Oil Diet**. All proceeds from book sales will be donated to the Cancer Council Australia.**Cash Only - $20 Each**Winner of the World Best Mediterranean Cuisine Book - the Dun Gifford Prize - in the Gourmand Best in World awards, and also the National Best Diet Book in the 'for the public' category Is it true that two tablespoons of olive oil a day can halve your risk of heart disease and help sustain weight loss?Can olive oil kill cancer cells, fight Alzheimer's Disease, revive a failing heart and even turn off bad genes?The Olive Oil Diet takes an authoritative look at the science behind the headlines. Recent studies have shown that a diet based around olive oil will significantly improve your health, well-being and vitality. With over 100 delicious recipes, it points the way to those extra virgin olive oils and food combinations that are likely to do you the most good. This fascinating journey to the heart of the Mediterranean reveals the extraordinary health secrets of nature's original super food.  |

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| **RSVP**  |

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| Please **RSVP by no later than the 9th May 2019 to Abby at** events@olivewellnessinstitute.org  |

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| **CLICK HERE TO RSVP**  |

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| **WHAT IS THE OLIVE WELLNESS INSTITUTE?**  |

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| The Olive Wellness Institute is a science repository on the nutrition, health and wellness benefits of olives and olive products, which is all subject to extensive peer review. The institute is guided by scientific experts that specialise in the nutrition, health and wellness benefits related to olive products.**OUR MISSION**To increase awareness of Extra Virgin Olive Oil and other olive products by gathering, sharing and promoting expert, credible and evidence-based information on their nutrition, health and wellness benefits.The Olive Wellness Institute™ is a social responsibility venture, sponsored by Boundary Bend Limited. This project is also partially funded by Hort Innovation, using the Olive Fund research and development levy and contributions from the Australian Government. Hort Innovation is the grower owned, not-for-profit research and development corporation for Australian horticulture. The strategic levy investment project Educating Health Professionals about Australian Olive Products OL17002 is part of the Hort Innovation Olive Fund.https://gallery.mailchimp.com/e5c06fbac55fb5891a01ee898/images/702ebf4d-50a3-4670-9244-6823ceb43cdb.jpg |

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| Copyright © 2019 Olive Wellness Institute, All rights reserved.**Our mailing address is:**info@olivewellnessinstitute.org   |

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