



SARAH HOPKINS
HEALTH & WELLBEING

Fermenting Foods Workshop

Want to know what all the fuss is about? Don't know where to begin? Keen to learn how to make & incorporate fermented foods into your everyday meals? Join Sarah Hopkins, a CHEK Certified Holistic Health Coach (& fermenting foods whiz), for a fun, interactive, 2 hour workshop discussing -

- The many & varied health benefits of fermented foods.
- How & why they were used traditionally & why we are seeing a resurgence in their popularity.
- Taste & learn how to make Beet Kvass & "Krautchi"
- Take home samples of both, as well step-by-step instructions.

WHEN: Saturday July 19th, 2:30 pm.

COST: \$75 per person

WHERE: The Wellness Recipe HQ, Karrinyup. (Full address details provided upon booking.)

BOOKINGS: Bronte - thewellnessrecipe@hotmail.com or Sarah - sarah@health-wellbeing.com.au

