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#KALOF

Join Layla Metcalfe, a local Naturopath and Clinical Nutritionist, to discover the benefits of food for managing hormones and understanding the changing skin and body.

YOYO's Youth Centre
10 Forest Way,
Frenchs Forest

Free
Ages 14 – 24, parent or guardian welcome

Enquiries and bookings: 9970 1629 or
youthbookings@northernbeaches.nsw.gov.au

headspace Brookvale

LAYLA METCALFE
NATUROPATH & CLINICAL NUTRITIONIST

northern beaches council