

Programs & Immersive Experiences



Personalised Health, Nutrition & Wellbeing Coaching

Making changes to your health and lifestyle can be incredibly challenging and daunting. You can lean on me for support and guidance in my one-to-one tailored program just for you. Together, we identify your needs for reaching your natural state of wellbeing, creating health promoting habits and routines for nourishing, sustainable growth. **My passion is empowering you with the skills and knowledge to take the power back over your own health and wellbeing.** Available in person from Traralgon, Victoria or online via zoom.

Learn how to harness your natural healing capabilities and wisdom of your body. Combine this with knowledge and understanding, foundational science backed protocols, strategies and tools, and you can create health promoting life long change. Explore my programs www.renewandnourish.com.au/services

We all deserve to love and enjoy our precious lives whilst aging gracefully in a healthy body that we feel comfortable and capable in.

Sue x

5 Pillars of Health

Stress Management
Nutrition & Gut-Mind Microbiome
Movement & Breath
Sleep & Rest
Self, Social & Nature Connections

Your health, your way.

You choose which areas of health we co-explore. Examples include;

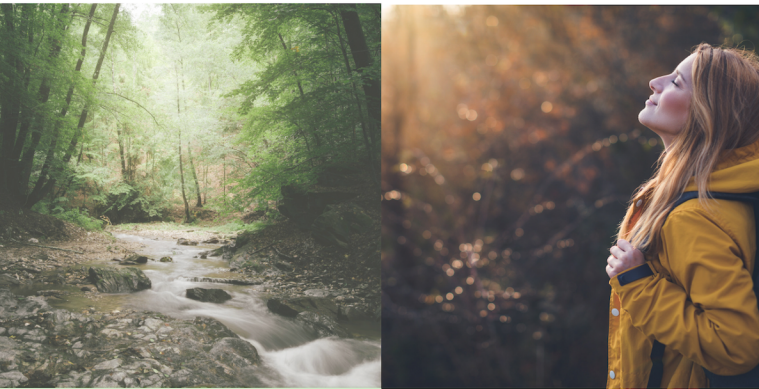
- **Nutrition & Gut-Mind Microbiome Health** The Key to Developing Overall Health, Wellbeing & Longevity
 - **Healing Systemic Inflammation & Pain**
 - **Healing Your Relationship with Yourself & Food** Gut-Mind Connection, Cravings & Habits, Your Roadmap to Food Freedom
 - **Movement, Mindfulness & Food as Medicine** A Holistic Lifestyle
- **Menopause Symptom Management** Feel Like You Again
- **Health Promoting Habits** Retraining Your Brain
- **Non-diet Approach to Weight Management** Abundance over Scarcity, Nourishment over reduction
- **Holistic Lifestyle Development** Physical, Mental, Emotional, Sensory, Spiritual, Social, Environmental and more
- **Restorative Rest & Stress Management** It's Far More Than Just Good Sleep!

Knowledge isn't just power – it's the foundation of personalised, proactive healthcare.



Create health promoting habits & *take your power back* over your own health & wellbeing.

As a holistic health and wellbeing coach, I also provide a variety of unique, immersive experiences for you to re-connect with your whole being, from inspiring nutritional cooking classes to immersive and restorative nature bathing walks.



Nature Bathing Walks

Immerse, nourish and renew yourself in the ancient biological healing power of nature.

Come walk with me in nature, beautiful Soul.

Forest bathing is the therapeutic practice of mindful engagement and immersion in the natural environment, utilising all of the senses to connect with nature, revitalising and grounding you in your most natural state.

If you are looking for new and revitalising nature based experiences to nourish your body, mind and soul, or even as a Corporate Health & Wellbeing Session, then you will love my selection of Forest Bathing & Beach Nature Walks;

- Revitalise with Nature
- Reconnection with Self & Nature
- Rewilding Your Senses
- Unleash Your Creativity
- Mindful Walking Meditation
- Nature Treasure Art

MASTERCLASS Cooking Workshops

Wholesome food is medicine

These classes **SELL OUT QUICKLY!** Great value for money, these deeply informative sessions are **PACKED FULL** of current science backed knowledge, strategies and protocols for making health promoting lifestyle changes with fun hands on preparation of deliciously nutritious health promoting foods.

Discover Nutrition Specifically for

- Women's Cycles & Menopause
- Gut-Mind Health, Soothing Inflammation & Pain
- Diabetes & Insulin Resistance
- Anxiety & Depression
- Deep Nourishment & Healing
- Disease Prevention
- Restorative Sleep
- Movement & Exercise
- Good Mood Food
- Healthy & Happy Children

Learn the Nutritious Art of Crafting

- Naturally Fermented Probiotic Foods
- Sourdough
- Herb & Spice Combinations for Mental Health & Soothing Inflammation
- Wholesome, Traditional Pasta



Visit www.renewandnourish.com.au or scan QR Code for upcoming event dates, enquiries and more information.



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Contact me to book your FREE 30 minute phone call with absolutely no obligations to follow through. Let's share a conversation about how we might be able to work together to co-create your healthy and beautiful life! With much love, Sue.