



## HEALTH & FOOD COACH / ATHLETE KARLA GILBERT PRESENTS HEALTHY COOKING WORKSHOP

Karla Gilbert, OAM, is an accredited Health, Lifestyle, Food and Wellness Coach. One of Australia's greatest ocean athletes of all time, from the mid 90's to the early 2000's Karla was near unbeatable in the sport of surf lifesaving, stringing together several national and world championship titles.

Back to back World Championships \* 16 Australian Gold Medals \* 5 World Championship Gold Medals \* 7 consecutive IronWoman series championship titles

**Karla now focuses on helping others achieve their best through mindfulness techniques regarding their health. Creating good habits in the home kitchen is the most important key area to sustainable weight, daily vibrancy and taking control of health issues. Be inspired to begin your journey...**

### What's Included?

Learn how to cook three simple 15 minute meals for busy families. Healthy and full of taste is the theme while creating meals that take the hassle out of cooking. Karla will demonstrate while guests enjoy sampling the recipes. Recipe handouts included. Each guest will receive choice of a smoothie or fresh juice from the café and a sampling of food prepared by Karla

**Dates & Time?** Thursday June 23, 2016 4:30-6pm

**Cost for Workshop?** \$50 per person Space is limited, reservations required.

\* Minimum of 4 guests to host the class

**How Can I Book?** Come by The Deck Café, Shop 1 794 Pacific Parade Currumbin Beach Tel. 07 5534 6899 to register and pay in advance to confirm a spot or sign up at: [bit.ly/tdchealthyeating](http://bit.ly/tdchealthyeating)



## CREATE A COLOURFUL WORLD!

Learn to create your own colourful creation through Aspiral Designs Rainbow Tie dye workshops. Take home your own piece of unique artwork.

**What's Included?** Bring your own white washed t-shirt to make a colourful masterpiece or opt for a pillowcase included in the price to make it your own. Plus everyone will receive a bandana to add to your creations.

**Each child will receive choice of a smoothie, milkshake or fresh Juice and a healthy snack**

**Dates & Time?** Thursday August 4, 2016 4-5:00pm

**Cost for Workshop?** \$25 per child, 2<sup>nd</sup> child 10% discount Space is limited so sign up to reserve your spot. Sign up \*Minimum of 10 children to host the class

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## MANNERS, ETIQUETTE AND LIFE SKILLS WORKSHOP FOR CHILDREN AGES 6-12

**What's Included** Manners workshops are based on rigorous research and packaged and presented in a way that helps children to learn. Our workshops engage each child in fun activities, storytelling and role plays so the lessons come to life and the learning lingers in their mind. Children get to see for themselves how crucial manners, etiquette and the other important life skills are to lifelong success and healthy relationships.

\* Manners and etiquette (and the difference between the two) \* People skills and respect (like listening to others, not criticising, not complaining, smiling, thinking before you speak, and taking responsibility for your actions) \* Self-confidence \* Greetings \* Introductions (and why they are so important) \* Conversation skills and communication \* Saying 'thank you' \* Table etiquette  
Each child will receive choice of a smoothie, milkshake or fresh Juice and a healthy snack

### Dates & Time?

Thursday June 16, 2016 4-5:30pm OR Thursday July 14, 2016 4-5:30pm

**Cost for Workshop?** Considering the value of Manners, we know that a child who displays good manners and etiquette stands out. Well-developed social skills give children confidence, an essential for life and sets them up for success. Every child deserves that!

The price of our Manners Workshop is only \$50 per child, 2<sup>nd</sup> child 10% discount. Space is limited so sign up to reserve your child's spot. Sign up for 1 of 2 dates this winter \*Minimum of 4 children to host the class

**How Can I Book? Go to [bit.ly/tdcmanners](http://bit.ly/tdcmanners)**



## IT SUPPORT FOR BEGINNERS QUESTION AND ANSWER WORKSHOP

Bring your own device whether it is an iphone, android, laptop or ipad with questions to get answers. How to take better photos, how to create files, how to skype.....your questions may be someone elses question and we will help find the answer. No question will be considered silly!!!

**What's Included** Unlimited questions and answers to your most basic IT questions.  
Plus a Mug of coffee or a teapot.

**Dates & Time?** Thursday August 11, 2016 4-5pm

**Cost for Workshop?** \$10 per person Space is limited so sign up to reserve your spot. Sign up for 1 of 2 dates this winter

**How Can I Book?** Come by The Deck Café, Shop 1 794 Pacific Parade Currumbin Beach Tel. 07 5534 6899 to register and pay in advance to confirm a spot or sign up at: [bit.ly/tdcitworkshop](http://bit.ly/tdcitworkshop)



## CHILDREN'S COOKING CLASS AGES 6-14

If your child loves to eat and have fun, you want them enrolled in our Thursday cooking class. More important than having fun, your child will begin to learn the difference between "real food" and "food like" products. We use all natural and healthy ingredients in every dish! Our menus are designed to re-introduce your child to some of their favorite meals but with **healthy** alternatives.

**What's Included?** Learn to cook in a commercial kitchen with a CHEF as your teacher. All supplies, ingredients, and supervised instruction with kitchen safety tips, take home your creations to share with your family.

**Menu:** Ratatouille casserole \* Cheesy Potato Bake \* Crepes with strawberry jam and fresh

**Menu:** Meat lasagna \* Savoury mini muffins \* Fruit kebabs drizzled with chocolate

**Dates & Time?** Thursday July 28, 2016 4-5:30pm or Thursday August 18, 2016 4-5:30pm

**Cost for Workshop?** \$45 per child, 2<sup>nd</sup> child 10% discount Space is limited so sign up to reserve your spot. Sign up for 1 of 2 dates this winter \*Minimum of 4 children to host the class

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