

MEDIA RELEASE

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Twilight health expo puts residents' needs in focus

South Burnett residents will be treated to a visit from professional chef, Matt Golinski, who will share his inspiring journey and love of cooking at a free community health expo.

The 'Focus on You' expo will be held at the Murgon PCYC on Tuesday 30 August from 5pm to 8.30pm.

South Burnett Palliative Care Coordinator, and member of the Community Health Team, Vivette White said the expo was organised in response to the growing demand on the region's health services.

"The event is aimed at educating the community about the number of health services that are available to them locally," Ms White said.

"There will be more than 20 local health providers in attendance who will provide information about accessing services.

"South Burnett community health nurses will be on hand to provide blood sugar testing and cholesterol levels. They will also present a talk about how to prevent chronic disease and how to have a healthy heart. We want to educate people about healthy lifestyle choices to prevent chronic disease.

"It is an opportunity for people to ask questions and to see what is available in their communities that is of benefit to them."

A highlight of the event will be a presentation by well-known chef Matt Golinski, who is passionate about creating fresh, seasonal and local food.

"Matt will share some of his personal experiences during an inspirational talk. He will also conduct a cooking demonstration, showing how easy it can be to create healthy, home-cooked meals."

The expo is supported by Burnett Inland Economic Development Organisation (BIEDO) with funding provided by the Wondai Hospital Auxiliary.

The evening expo will also include workshops on men's health, healthy thinking, chronic disease and gentle movement as well as a free sausage sizzle, lucky door prizes, raffles and sample bags. For more information contact 0429 887 978.

Ends

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