

About the Community Talks Presenter Louise D'Allura



Louise D'Allura is a Qualified Home Economist and Authorised Additive Alert Community Talks Presenter. Louise began working in the area of nutrition in 1997 at Nutrition Australia, and went on to work in corporate health and workplace health.

Louise is the home economist behind the blog Meal Planning Your Way which helps busy mums solve the what's for dinner challenge. Louise is passionate about delivering health information to the public in a fun and informative way

www.MealPlanningYourWay.com

About Authoress and Model Carolyn Donovan

In an industry synonymous for having the shelf life of a banana, **Carolyn Donovan** has beaten the odds and remained in high demand as a model for over two decades. With more than her fair share of bad hair days and hilariously unglamorous 'mummy' moments, her first book *Chooks in Stilettos* smashed any illusions we may have had of pimple-free models swathed in designer gowns seven days a week.

A devoted environmentalist, Carolyn is also passionate about living an earth-friendly lifestyle while refusing to compromise on style. In *Greenies in Stilettos*, she again pulls back the curtains and reveals a world where glamour meets everyday life.

'*Greenies in Stilettos: How to Save the World Without Really Trying*' is full of eco-friendly tips, practical advice, and everything you need to start enhancing your life in the easiest and most beautiful ways possible. With the *Greenies in Stilettos*' five-step plan, Carolyn Donovan not only reveals gorgeously *green* solutions for everyday life, but has put everything you need to know about how to start living a beautifully green lifestyle straight away, at your fingertips. Where else could you learn how to rustle up your own designer gown in minutes and make beauty products from what you already have in your kitchen pantry?

Confused by all the How-To-Go-Green advice we are bombarded with every day? Like to incorporate some eco-friendliness into your life, but you don't know where to start? Worried how much of an infringement on your lifestyle *going green* would be? Don't be. **In this one hour session presented by Carolyn you will learn how to better equip yourself for an earth-friendly lifestyle!**

www.carolyndonovan.com

