

*What some had to say:*

"I spent a lovely Saturday afternoon with some of the ladies from Crescents of Brisbane. Both talks were extremely entertaining with the information presented by Louise D'Allura from Additive Alert Qld particularly interestingly to me as a mum and homemaker. The second talk by Carolyn Donovan was both informative and highly entertaining. Her enthusiasm for sustainability and up cycling fashion was really inspirational. The afternoon tea served during the break was delicious and it was a lovely opportunity to meet some of the other ladies. It was a lovely afternoon and I returned home with many inspiring ideas."(L.G)

"Saalihah and Crescents of Brisbane – Just a quick note to say thanks very much for the information I gathered at the talks yesterday. I must say I came along from a rushed morning with the usual reservations of wondering how relevant it would be but it was brilliant, entertaining and informative. Most importantly plenty of information to take away and refer to as well. Now all I have to do is get off my seat and put it into action. Both speakers were excellent ! An afternoon well spent !" (A.S)

"A wonderfully lighthearted introduction to a serious topic about our control of the daily food choices we bring onto our homes and with a little knowledge how we can create a cleaner chemical free home environment from using the existing products already found in our homes. The two topics completed each other as both promote a healthier lifestyle. I had a good laugh and enjoyed the delicious fresh food, but took the purpose of the talk back home with me. This begins my change for better health." (R.D)

"It was a very informative and educational afternoon. Anyone with young children should be aware of the various additives present in the food purchased from supermarkets, and the hugely negative impact they have on developing minds and bodies. As a mother, it was really concerning to be made aware of how easily a whole heap of toxins can be packed into a typical 'healthy' lunch box! Thanks to the Crescents of Brisbane for putting together such a beneficial community event and off course the scrumptious spread to round it all off!". (I.A)

"A delicious afternoon tea with informative and delightful speakers." (G.S)

'Both talks were very informative and entertaining- the information I received will definitely change the way I select grocery items for my family in the future' (S.M)

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“What a life changing event! I can't believe how much I have learnt about what my family has been putting into our bodies via the foods we eat! To think that on average we consume 5kg of additives each and every year is horrifying. Back to basics for my family! JazakAllah to the Crescents team for bringing this information to our community.” (N.A)

“10 out of 10 for this event in every respect...information, practical advice, food, convenient venue, friendly faces! Here's looking forward to many more “Health and Wellbeing” events from the fantastic Crescents Team.” (F.A)

“A well-organised event...both speakers were delightful to listen to and the teatime treats were divine. Yet another successful Crescents event.” (S.B)

From the speakers:

*Louise D'Allura*

What a privilege to be part of such a community minded event. I thoroughly enjoyed being part of it - as a speaker and as an attendee. I felt so welcomed and at home. And what can I say about that scrumptious Afternoon Tea!!!

The Crescents of Brisbane has a lovely community of women and I thoroughly enjoyed the opportunity to meet and talk with them as a group and individually about the things that matter most in our lives - the health and well being of our family.

*Carolyn Donovan*

Thank you for inviting me to spend the afternoon with you. Listening to Louise's talk has certainly changed the way I shop from now on. The hospitality and food was delicious...and I think some of your Crescent girls are keener fashionistas than me! I hope they had as much fun as I did.