

realfoods

FREE COOKING CLASS



RUSU Realfoods - Tuesday 13 September 5.30pm for 6-8pm

RUSU Realfoods organic fairtrade café with RMIT City Fitness team up with a crew of special guests for REAL FIT FOOD - a night of power packed demos and talks to get you fighting fit in and out of the kitchen!

Presenters



Niki Angelopoulos
Naturopath to
Dancing with the
Stars



Noah Hannibal
Gold medal
winning
professional
powerlifter

Learn to make 'nature's Gatorade' & create your own low-fat yoghurt from coconuts + heaps more!

- Melanie Sordello, Ivana Andres & Jonathan Sharp (Managers & Personal Trainers, RMIT City Fitness)
- Nicole Lane (Sport & Recreation Officer, RMITU LINK)
- Angela Gioffre (Nutritionist, Owner/founder of Organic Empire Produce and Grocery Box delivery service)
- SmoothieGirl & the RUSU Realfoods café volunteer team

RUSU Realfoods cafe

RMIT University city campus, 360 Swanston St, Food Court (Building 8, Level 4), Melbourne

Optional gold coin donation to our charity partners: BOS Australia, & Gene Ethics.

Enquiries lucy.stegley@rmit.edu.au

RSVP SMS names to 0418 517 273 or search 'Real Fit Food' on Facebook

