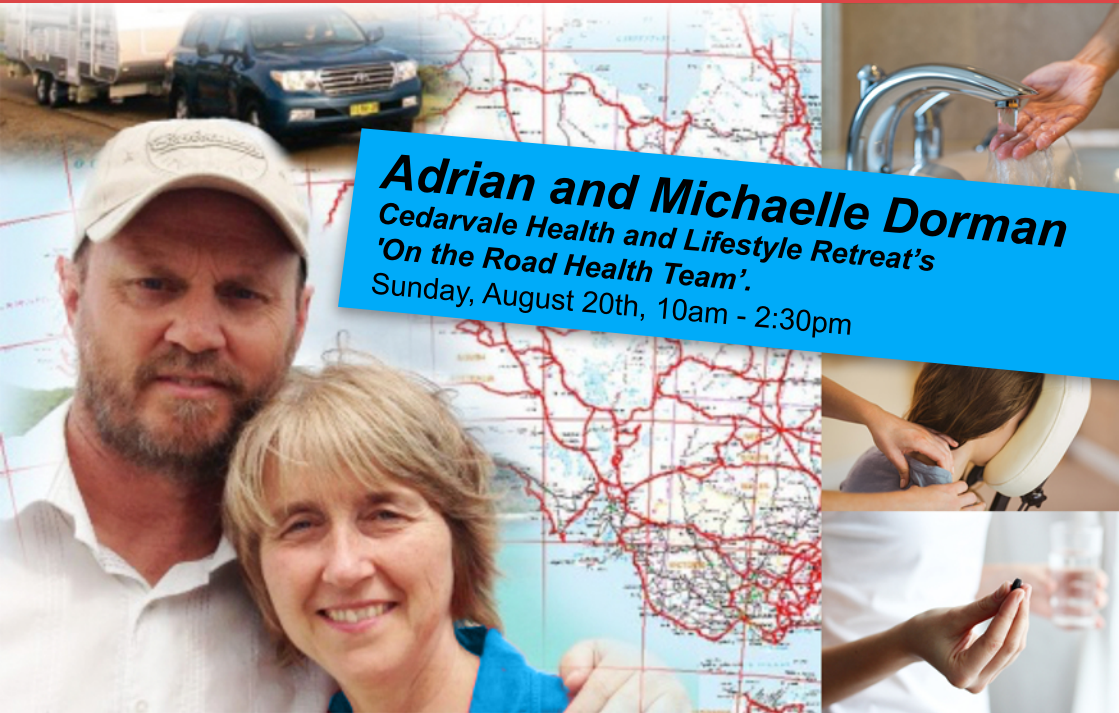


**Steps to Life's Next Sunday Health Seminar Brings To You...**



**Adrian and Michaelle Dorman**  
*Cedarvale Health and Lifestyle Retreat's*  
**'On the Road Health Team'**  
Sunday, August 20th, 10am - 2:30pm

## **Simple Remedies for Common Ailments**

Adrian and Michaelle will share the 'hands on how to' of

- Simple Massage
- Hydrotherapy
- The Many Applications of Charcoal Use

**Plus Bonus:**  
*"Eating for Health"*  
Cooking Demo

## **And Tell Stories That Will Inspire You!**

The stories and the tips of Remarkable Health Recovery from choosing a healthier lifestyle

Adrian and Michealle Dorman, have been involved for over 30 years in health education. Adrian trained at the Sydney Adventist Hospital as a Registered Nurse. He then completed a Lifestyle Counselling Course in the USA. Together they managed a vegetarian restaurant and health food store and have worked in four health retreats in Australia, Africa and the USA. In recent years Adrian has been the manager and Michealle the head chef at the Cedarvale Health and Lifestyle Retreat in Kangaroo Valley, NSW. They now lead out in 'Cedarvale on the Road' another health education offered by Cedarvale.

**Venue:** Steps to Life, 15 Industrial Park Dr., Lilydale 3140  
**Dates:** Sunday, August 20th, 10 am - 2:30 pm  
**Registration Fee:** \$24 - Free optional lunch provided, indicate on registration  
**Bookings Essential:** 03 9739 4093 RSVP by Monday August 14th.  
**Cancellation:** No refund given unless notified by August 14th.  
**Website:** [www.steps.org.au](http://www.steps.org.au)