

Saturday 9 June
10-11am

Port Macquarie Library

FREE EVENT ~ All welcome
Morning Tea provided

RSVP 6581 8755 or portlib@mnclibrary.org.au

LOCALS TALK

Celebrating Health & Nutrition

be inspired – local talent – our community

Natasha Olynick



Natasha is a qualified clinical naturopath currently practicing in Port Macquarie. She has previously had a successful clinic based in Sydney, and has also worked for About Life, one of Australia's leading natural health companies as their Wellness Expert.

Natasha is a passionate health advocate/nerd, hiker, dog mumma and a massive foodie.

She has an earnest interest in all aspects of women's health and is also passionate about children's health and practical family nutrition.

She believes that being healthy is not about the latest fad and shouldn't be overwhelming – it's about getting back to basics leading a balanced life.

Melanie Lock



Melanie is a Naturopath specialising in holistic nutrition, detoxification and Women's & Children's Health. She is a co-owner of The Hollow Store in Port Macquarie, a product developer, mother, health blogger, speaker, and writer.

Melanie is a dynamic and inspiring speaker who can relate to an audience wherever they may be on their journey of wellness. She can talk science, matter and function and at the same time challenge your most limiting self beliefs. Melanie understands the wisdom of the body and her passion for authentic health is palpable.

Jessie Anne



Jessie is a qualified Clinical Nutritionist & Personal Trainer. Jessie's focus is on changing women's perception of health & what health actually looks like, as this can be very skewed, mostly from social media influences.

She began an initiative called Project Goddess with the aim of breaking the dangerous cycle of fad dieting & working with young women on positive body image & preventing extremes in diet & exercise. Jessie is all about a relaxed approach to eating & food choices & would love to get this important message across to as many young women as possible.