



Homegrown
Healthy Living

Sustainable Living Talk

& WILD FERMENTATION DEMONSTRATION

INTRODUCING SPEAKER:

Anna Axisa

Homestead mentor and **Author** of best-selling Australian homesteading guidebook *"Homegrown Healthy Living"* is bringing her informative presentation to libraries and events, sharing her personal journey and insights from over a decade of homestead living.



Offering details:

Your patrons will be presented an engaging 90-minute sustainable living talk and will learn how to make their own sauerkraut simply at home with Anna's wild fermentation demonstration.

Topics covered in this enlightening presentation include:

- Permaculture living
- Organic gardening
- Food as medicine
- Composting & Worm farming
- Conscious living
- And much more...

*Seize this opportunity
for your community to learn regenerative skills
they can easily apply no matter where they live.*

Please contact our team
for a customised quote:

 hello@homegrownhealth.com.au



"This event was a wonderful community gathering, providing valuable insights and practical techniques for those interested in sustainable practices. I highly recommend Anna's presentation to other libraries and councils looking to engage with community interest in sustainable living."

Susan Davy

Cessnock Library Programs &
Presentations Team



*Learn how to make your own
sauerkraut simply at home.*