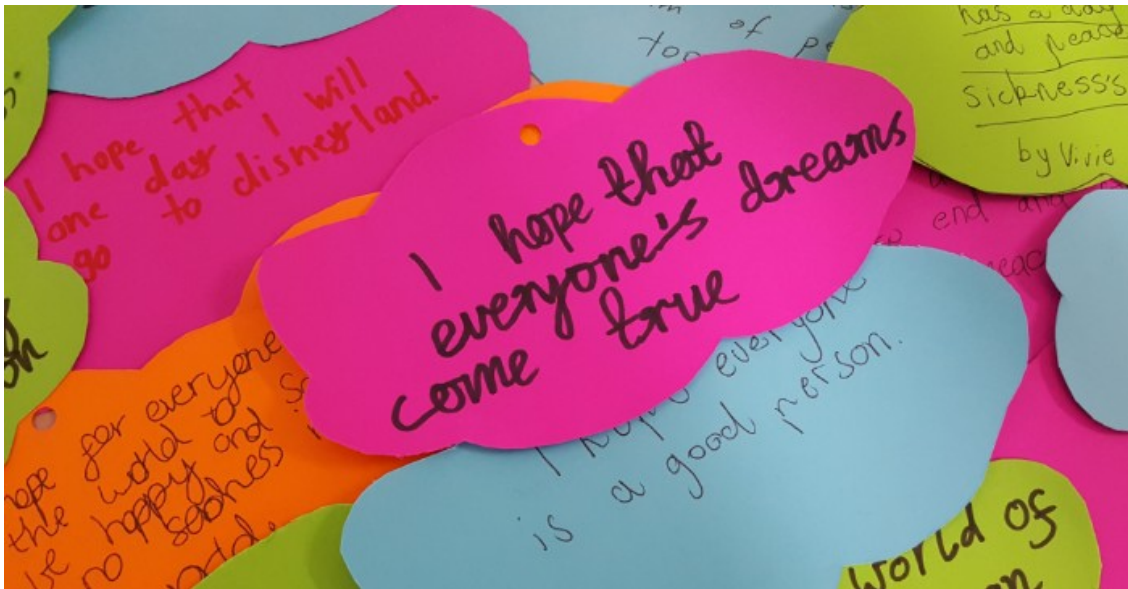


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Dear << Test First Name >>

Welcome to the last ESNLC Newsletter for 2018! Before welcoming 2019 we would love to share with you the latest news and events coming!



Community Christmas Tree Festival 2018

Decorate the Christmas Tree with your Dreams for Christmas and beyond. Fill in a cloud with your dream and place it on the tree for 2018.

The Decorated Christmas Tree will be at **Holy Trinity Balaclava** Cnr Chapel Street, Dickens Street and Brighton Road from:

6th to 9th December

From 10am to 7pm

A community event for all ages and a gold coin donation, children free.

There is also a Concert with **Elwood Community Choir & Friends** Fri 7th December 7pm, gold coin donation and supper provided.

And last of all, **Carols amongst the Christmas Trees** 4pm Sunday 9th Dec all welcome.

Programs & Facilities



Love Your Gut Workshop Series The 4 Ks of fermentation

Fermented foods are rich in probiotic bacteria so by consuming fermented foods you are adding beneficial bacteria and enzymes to your overall intestinal flora, increasing the health of your gut microbiome and digestive system and enhancing the immune system.

In these community workshops you will learn how to ferment. You will walk away with information and a jar of homemade fermented food.



We're always here and open so down the track if you need more information we are happy to share.

Nov-Dec 2018 Workshop dates:

1. Mon 19th - Kimchi
2. Mon 26th - Kefir & Kombucha
3. Mon 3rd - Kraut

Only \$5 per workshop (or \$3 for members)!

Limited places!

Click [here](#) for more information and bookings!

What's On!



Open Day!

January 19th 2019 - Save the date!

Come along and enjoy a wonderful day discovering the House and our Community.

Try our classes, listen to music or just enjoy a lovely lunch and chatting with family and neighbors. Dogs are welcome!



Cambodian BBQ provided by Mr Tuppy's.

More information [here](#)!

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