

# NEWS & EVENTS



Circles of learning

## How to make Kefir

Kefir, like yogurt, is full of probiotic goodness. It is a refreshing beverage made from fermenting kefir grains in milk. Kefir cleanses the intestines, provides beneficial bacteria and yeast, vitamins and minerals and complete proteins. It contributes to a healthy immune system and aids in chronic fatigue, ADD, ADHD and much more.



To maintain your family's health, you can make your own Kefir. [Click here](#) to find out how.

## November Diary

- [Open Gardens](#)
- [Jackie French's Garden](#)
- [Braindwood](#)
- [November 9th & 10th](#)

Well known children's author Jackie French is equally famous for her wonderful vegetable garden. Filled with an amazing variety of vegetables, Jackie is doing a workshop on growing 266 types of vegetables in a small area.

Jackie's garden is an inspiration to all gardeners new and old. It is totally sustainable, filled with wild life and has its own pest control.

To book online [click here](#) or call 03 5424 8061

## Elanora Heights Garden Circle starts November 12



The Garden Circle is for Parents & Children to grow your own fruits and vegetables. Parents learn nutritional information and children discover the joy of the natural

world and enjoy creative activities in the garden. The success of this program is now happening in the Northern Beaches, every Tuesday 10am-11.30am. Call to book and to ask what is the closest Garden Circles to you. [Click here](#)

## Happy & Healthy November

This is the perfect weather to get out in the fresh air and sunshine, exercise, eat healthy foods, and remember to breathe deeply to get as plenty of oxygen into your brain and body and drinks lots of water.

This lifts the dopamine in your brain and gives you a wonderful feeling of pleasure and happiness. So start today and feel great throughout November and beyond.



Children with ADD/ADHD often have difficulty producing dopamine, so the more you encourage them to take these actions the more their behaviour improves, their focus improves and they become happier.

Remember, Circles of Learning provides the highest quality integrative programs for health and learning.

*Warm wishes, Judith*



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