

Keen to find your food freedom and learn about the sugar-free life? Well, you're in luck!

This November, Sarah Wilson, founder and director of I Quit Sugar, is joining the line-up at Wanderlust, the producers of the biggest yoga and wellness lifestyle events in the world, for a four day celebration of mindful living on the Sunshine Coast.

You'll have the opportunity to nourish your mind, body and soul with access to world-class yoga and meditation instructors, performers, artists, chefs and speakers – including our very own Sarah who'll be at the event November 10–11.

The highlights?

**Earth To Table Dinner:** Presented by our friends at Food Matters and curated by Sarah and the I Quit Sugar team, this sugar-free family-style feast is set to impress! Celebrating the best local, seasonal and sustainable produce, you'll get a taste of our 8-Week Program all while enjoying the stunning Sunshine Coast.

**Panel Discussion:** Sitting down with James Colquhoun from Food Matters, Sarah will be sharing her sugar-free journey with you all!

A note from Sarah:

"It's great to be appearing at Wanderlust this year to share my sugar-free journey with you. It's been almost 8 years since I started the conversation...what a trip it's been! So many of you now know the deal - by challenging ourselves and our relationship with sugar, we can reach optimal health and find what I call 'food freedom'. We'll be celebrating the best of the I Quit Sugar legacy by hosting a wonderful 'earth to table' dinner designed by our team of IQS nutritionists to highlight just how simple, 'real' and sustainable the sugar-free way of life is. It will be a fun networking night with like-minded souls and a great opportunity to learn about the sugar-free life."

About IQuitSugar.com and the 8-Week Program:

IQuitSugar.com is Australia's leading health and wellness hub for everything you need to know about quitting sugar. With simple, delicious recipes and expert advice on how you can ditch the sweet stuff and find food freedom, it also incorporates the I Quit Sugar 8-Week Program – the ONLY real and proven, sugar-quitting solution.

About Sarah Wilson:

Sarah is a New York Times best-selling author and entrepreneur and founder and director of IQuitSugar.com. Her journalism career spanned 20 years, across television, radio, magazines, newspapers and online. She's the former editor of Cosmopolitan magazine and host of the first series of MasterChef Australia, the highest-rating show in Australian TV history.

## **Contacts**

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