



## Feel on top of the world

Yes you can by making simple changes in diet and lifestyle!

Come and join **Bourgeois Bohème** and **Dr Nandita Shah** for a fun evening of enlightenment, lovely dinner, meeting new friends and you will receive a little gift too from Bourgeois Bohème to reward yourself too for feeling on top of the world.

**Venue:** tibits Restaurant, 12-14 Heddon Street, London W1B 4DA  
**Date:** Wednesday 27<sup>th</sup> May  
**Time:** 6:30pm  
**Cost:** Free, dinner not included\*  
**RSVP:** [info@bboheme.com](mailto:info@bboheme.com) or 0208 8788 388

Dr Nandita Shah will explain how each of us can make a difference – first for ourselves and then for our society – by making simple changes in diet and lifestyle.  
It's simpler than you may imagine and for reasons you may never have thought about.

\*tibits have kindly offered their space at no charge, it would be appreciated if you could support them on the night, thank you.

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### Dr Nandita Shah

A medical doctor from Auroville, India, who conducts Peas vs Pills workshops in India and Europe to empower people to take charge of their own health through vegan nutrition. She will be presenting this workshop for the first time in London on the 30th of May. Go to [www.sharan-india.org](http://www.sharan-india.org) or [nandita@sharan-india.org](mailto:nandita@sharan-india.org) for more information.

### Bourgeois Bohème

Bourgeois Bohème, [www.bboheme.com](http://www.bboheme.com) is an ethical fashion accessories & footwear boutique that prides itself on ethical sourcing and harming no animals in the process of production, proving that men and women do not have to compromise their ethics for fashion.

### tibits

Fresh, healthy, delicious food and drink in a relaxed and uncomplicated environment. Perfect for vegetarians and vegans. [www.tibits.co.uk](http://www.tibits.co.uk)