

Read.

WIN! EXCITING PRIZES!
VISIT THE COMPETITIONS PAGE AT WWW.README.AE

HUGE BOOST FOR SEYCHELLES' BIODIVERSITY

North Island is an ecotourism success story like no other



08

FOR THAT NEXT DELICIOUS HEALTHY MEAL

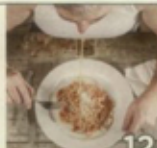
Top 5 tips to keep your refrigerated food fresh for longer



10

IS YOUR FOOD CONSUMING YOU?

Common eating disorders are binge-eating disorder, bulimia nervosa and anorexia nervosa



12

KEEP THE FAMILY SAFE

How to redesign a home with kids' safety in mind



13

FILM WONDERLAND IN TOWN

The curtains go up as the 14th DIFF opens this week



New Nissan LEAF 100% Electric

Model may vary by region.

Simply amazing.

Register for exclusive updates at nissan-me.com/LEAF

NISSAN INTELLIGENT MOBILITY



