



DIET & NUTRITION SEMINAR IN GEELONG

INCLUDING Q&A + NUTRITION PLAN WORKSHOPS

Tea/coffee & lunch provided

All kinship carers who attend will receive a \$50 gift voucher

**Tues 17 October
10.30am–2pm**

**Buckleys
Auditorium**

**54 Fellmongers Rd
Breakwater, VIC 3219**

tel: 03 5248 4866

TOPICS

- The importance of diet & nutrition in overall wellbeing
- Nutrition and mood/behaviour
- The role diet & nutrition play in relation to issues such as ADHD and autism
- How our diet should change as we get older
- Timing of meals for optimum wellbeing
- Initial steps to make when seeking to improve our diet

SPEAKER



**Clinical nutritionist/
functional medicine
practitioner Nikki
Valentini** is director
of SuperNature
Nutrition, and will
talk about the role of
diet and nutrition in
our lives.

Nikki is an avid cook and has catered for wellness retreats for more than 10 years. She uses a holistic medicine approach to nutrition plus rigorous evidence-based research and functional medicine testing.

CONTACT - CARER KAFE TO REGISTER TO ATTEND

Email: info@carerkafe.org.au | **Phone:** 03 9614 1577

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