

# DIET & NUTRITION SEMINARS

## FOR CARERS

INCLUDING Q&A + NUTRITION PLAN WORKSHOPS

Tea/coffee & lunch provided

Carers who attend the full seminar session and complete the evaluation are eligible for a \$50 gift voucher

### 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**

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