

# NUTRITION FOR WELLBEING

## IN TIMES OF RISING FOOD COSTS



# MILDURA LUNCHEON SEMINAR

FOR KINSHIP CARERS  
10.30AM TO 2PM

**NIKKI VALENTINI**  
by popular demand



Clinical nutritionist/functional medicine practitioner Nikki Valentini will talk about how to shop, prepare food and eat well on a finite budget.

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.



Kinship Carers  
VICTORIA  
**Learning &  
DEVELOPMENT**

**Carer Kafe**



**Wednesday  
9 April 2025**

Mildura Working Man's Club  
Pioneer room  
100-110 Deakin Ave,  
Mildura

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

**REGISTER WITH CARER KAFE**  
<https://carerkafe.org.au/training>

or

by contacting Kinship Carers Victoria  
Email: [admin@kinshipcarersvictoria.org](mailto:admin@kinshipcarersvictoria.org)  
Phone: 0499 969 234