

NUTRITION FOR WELLBEING

IN TIMES OF RISING FOOD COSTS



WONTHAGGI 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.

Wednesday
19 Feb 2025

ArtSpace Gallery Boardroom
1 Bent St, Wonthaggi
(opposite Aldi)

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



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<https://carerkafe.org.au/learning-and-development/>
Phone: 03 9614 1577

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FURTHER INFORMATION, CONTACT KCV
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