

# NUTRITION FOR WELLBEING



## LUNCHEON SEMINARS 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.

**Wed 30 Apr 2025**  
(WARRAGUL - Warragul Function Centre)

**Wed 14 May 2025**  
(EPPING - Casa D'Abruzzo Club)

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



**Carer Kafe**

**REGISTER WITH CARER KAFE**  
<https://carerkafe.org.au/training>  
Phone: 03 9614 1577

**OR WITH KINSHIP CARERS VICTORIA**  
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