

NUTRITION FOR WELLBEING



EPPING 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
14 May 2025

Casa D'Abruzzo Club
Glass Room
55 O'Herns Rd,
Epping 3076

Carers who attend the full seminar are eligible for a \$50 gift voucher



Carer Kafe

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

or

by contacting Naomi at Kinship Carers Victoria
Phone: 0499 969 234