

NUTRITION FOR WELLBEING

HEALTHY LIVING
AT ANY AGE

LUNCHEON SEMINARS FOR KINSHIP CARERS 10.30AM TO 2PM

NIKKI VALENTINI
Back by popular demand



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

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 26 Nov 2025

(Dandenong Club, DANDENONG)

Wed 18 Feb 2026

(Mantra, EPPING)

Wed 6 May 2026

(Melton Country Club, MELTON)

Lunch, tea and coffee provided

Carers who attend the full seminar session and complete the evaluation will receive a \$50 gift voucher



Carer Kafe

**REGISTER...
CARER KAFE**

<https://carerkafe.org.au/training>

Phone: 03 9614 1577

OR KINSHIP CARERS VICTORIA

Email: admin@kinshipcarersvictoria.org

Phone: 0499 969 234