

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 will talk about how to eat for ageing well and prepare for healthy living at any age.

Nikki is an avid cook and has catered for wellness retreats & hosted seminars for more than 10 years.

Wed 18 Feb 2026

(Mantra Hotel,
250 Copper St,
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

**REGISTER...
CARER KAFE**

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

Phone: 03 9614 1577

OR

KINSHIP CARERS VICTORIA

Email: admin@kinshipcarersvictoria.org

Phone: 0499 969 234



Carer Kafe