

# 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](mailto:admin@kinshipcarersvictoria.org)  
Phone: 0499 969 234



**CarerKafe**