

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**

Lunch, tea and coffee provided

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



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