

Vital
Nutrition

Carer
SUPPORT SERVICE

Vital Nutrition for Carers Course
Every Monday from 13th November to
4th December



10.00am - 12.00pm

44 Alliance Avenue

BT14 7PJ



Find out how simple changes to the food on your plate can have a big impact on your physical, mental and emotional well-being. No crazy fad diets, or restrictive meal plans, this is real life nutrition that fits with your busy lifestyle.



You will discover:

- Simple, healthy habits that fit easily into a busy lifestyle
- How to eat to maximise your energy and help you sleep well
- Good mood foods to help build resilience to stress
- The good gut guide for healthy digestion
- Recipes and meal suggestions



You can register using this link:

<https://forms.office.com/e/iA7u7sewAi>