

Nutrition for good mental health



- Learn why nutrition is important to brain health
- The importance of sound nutrition, what it should look like
- The health of your gut and how it plays a part in brain health
- How to improve your mental health by improving your nutrition

Join via zoom

Starting Wednesday 27th May 2020 @ 3.00 PM for 3-weeks

**Facilitated by Marcia Howard Anutr
Nutritional Therapist and Whole Foods Specialist**

**Book now by emailing: courses@workstressolutions.org.uk
or call: 07759 303 225**

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