



Vital Nutrition for Optimum Health

It's the simple things that matter and the small changes that can make a big difference to your health and well-being.

Join nutritionist Jane McClenaghan in this workshop for a deep dive into nutrition and discover simple hacks that work in real life.

You will discover:

- Simple truths and crazy fads
- The truth behind calorie counting
- How to maximise your energy by changing your diet (slightly)
- Easy ways to estimate your perfect portion size
- Why we need fat in our diet
- One thing you can change today to make a big impact on how you feel tomorrow

Get in touch

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