

Nutrition Education for Life



Learn from Karen Mees (BHSc (Comp Med), DipNat, DipHerbMed) a Naturopath with 14 years experience teaching holistic nutrition on how nutrition can improve your health and vitality.

In a fun and interactive environment discover:

- ⌘ The key principles of holistic nutrition, food that nourishes us on all levels.
- ⌘ How to enhance your digestion naturally, what we eat and the way we eat.
- ⌘ Quality choices of protein, fats and carbohydrates and how to combine them for a balanced meal.
- ⌘ Key vitamins and minerals, their functions and food sources, and which ones are generally needed in higher amounts in our modern New Zealand diet.
- ⌘ The power of antioxidants and how we can maximise them for our well being through whole foods and super foods.
- ⌘ What is your optimal nutrition for great energy, healthy weight, and the vitality to live the life you love.

Venue: SPCNM, 8th Arthur St, Ellerslie, Auckland (09 579 4997)

Time: 9.30 – 4.30pm

Date: Saturday September 2nd, 2017

Cost: \$120 (Early bird special \$100 if booked by August 18th)



Limited spaces

Book now to ensure your seat at the table.

karen.mees@spcnm.ac.nz