



Nutrition Education for Life Workshop

4th November 2017

Learn from Karen Mees (BHSsc (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: South Pacific College of Natural Medicine , 8th Arthur St, Ellerslie, Auckland (Ph 0800 100638)

Time: 9.30 – 4.30pm

Date: Saturday November 4th , 2017

Cost: \$120 (Early bird special \$100 if booked by 6th October)



LIMITED SPACES:

Secure your seat now and email Karen on karen.mees@spcnm.ac.nz