

Food for Wellbeing

Boost your knowledge of good nutrition and learn how to make positive food choices to support your Health and Wellbeing

These practical sessions will teach you how to cook from scratch and you will participate in a delicious shared meal. Our NCIM Holistic Doctor will be there to understand your health concerns and support you in making sustainable changes.

Topics include:

Food for Mood / The Microbiome & Fermented Foods / Finding Balance & Sustainable Change / Benefits of Low Carb Cooking

BOOK NOW! 0117 370 1875 enquiries@ncim.org.uk ncim.org.uk



NCIM is a Centre of Excellence lead by a clinical team that champions a transformed Model of 'Wellness', combining conventional, lifestyle and holistic approaches to improve Health and Wellbeing
NCIM is a Community Interest Company (08529099)

