

# Food for a Healthy Heart

Are you concerned about your current or future heart health?

Come and boost your knowledge of good nutrition and learn how to make positive food choices to support your health and wellbeing.

These six 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.

**Date:** Friday 14 February - 20 March 2020

**Venue:** Knowle West Health Park Company, 5 Knowle West Health Park, Downton Road, Bristol, BS4 1WH

**Time:** 11 - 1.30pm

**Cost:** FREE

BOOK NOW!

0117 370 1875

[enquiries@ncim.org.uk](mailto:enquiries@ncim.org.uk) [ncim.org.uk](http://ncim.org.uk)



Dr Elizabeth Thompson



Emmy Oldenbourg



Dr Duncan Still



Your course tutors will be Dr Elizabeth Thompson, NCIM CEO and Holistic Doctor, Dr Duncan Still, GP and Holistic Doctor and Emmy Oldenbourg, NCIM Food for Wellbeing Lead.

## About NCIM

Integrative Medicine combines conventional, lifestyle and complementary approaches to maximise patient choice and individualise care to improve health and wellbeing.

We are creating a model for wellness that can be adopted by mainstream medicine in the future and by you right now!

[www.ncim.org.uk](http://www.ncim.org.uk)

