



GIVE THE GIFT OF WELLBEING

Learn how to boost your knowledge of good nutrition and how to make positive food choices to support your health and wellbeing by gifting yourself, friend or loved one a voucher for a drop-in session to our NCIM **Food for Wellbeing** course!

Choose from following topics: Food for Mood / The Microbiome & Fermented Foods / Finding Balance & Making Sustainable Changes



**Drop-in
session**

£30

(saving £5)



Dr Elizabeth Thompson
Holistic Doctor



Emmy Oldenbourg
Food for Wellbeing Lead