

## Introducing food and wellbeing for professionals working with vulnerable client groups

Our food choices and eating habits can impact either negatively or positively on our health and well being. This course introduces support workers to the basic issues and provides an understanding of the importance of working with clients to help them make better food choices for improved mental health. The training will cover:

- The connection between diet, mood and behavior and why it matters
  - An introduction to basic nutritional issues
- Simple tools to support clients to help them learn to manage their eating habits and make better food choices

### VENUES & dates

**Portsmouth** 24th June 2010

**Ashford, Kent** 1st July 2010

**Central London** 8th July 2010

*Cost £75 including lunch and refreshments*

For more information or to book a place please call Jocelyn Dodgson, Food Matters on 01273 431707 or email [jocelyn@foodmatters.org](mailto:jocelyn@foodmatters.org)

feel good!

fresh