



YOU ARE INVITED TO THE

# NUTRIENTS VS CALORIES FREE WEBINAR

Discover how to eat for optimal wellbeing in order to **increase energy, boost mental wellbeing** and **improve digestive function** by understanding the difference between **nutrients vs calories**.

**In this enlightening webinar you'll discover:**

How to build a  
personalised  
nutrition plan

Several myths  
surrounding  
nutrition

How to increase the  
quality of each meal  
for increased energy



**Wednesday 12 June 2024 at 12pm**  
[Click here](#) or scan the QR code to register  
and join the live session.

In partnership with Staffordshire County Council