

# Signature Nutrition Webinars

INSPIRING WELLBEING SESSIONS TO FEEL MORE ALIVE AT WORK

## Stress:

When there is too much on your plate

### Discover:

- What stage of stress you are in
- Why stress may be causing cravings
- What foods actually release stress hormones
- Foods to balance and calm the stress response
- Practical things to do at work to complete 'the stress cycle'



## Immunity:

Make your immune system smile

### Discover:

- Why our obsession with obliterating bugs is killing our immune system
- Foods that enhance our natural immunity
- Tasty meal ideas to easily incorporate more immune boosting foods
- Lifestyle hacks to ward off colds



## Mental Health:

Eat to beat the blues

### Discover:

- Why the gut is called our 'second brain'
- The link between what we eat and how we feel
- Foods that make you smile from the inside out
- Simple mood boosters to try at work



## Energy:

Unstoppable You

### Discover:

- The real reasons you may be tired all the time
- How to create a 'power plate' at every meal for optimum energy
- Easy food swaps for energy
- Caffeine-free energy boosters to try at work

