

REGULAR EVENTS

Nutritional Advice

FREE advisory Nutritional Therapy drop-in clinic

Every last Wednesday of the month **9.00-12.00**

Kathryn Rogers DipNT mBANT **07798 812735**

kathryn.rogers@forkprovoking.co.uk

- Learn how to achieve your personal health goals with professional advice from your local Nutritional Therapy Practitioner
- Pick up some tips ... put your motivation for improved health into everyday routine
- Increase your understanding of how to lead a healthy lifestyle

Call in to see Kathryn during her drop-in clinic

- About nutritional therapy – questions and answers
- Introductory information and what to do next
- Brief advice: food; nutrition; supplements; ways forward for you



No appointment necessary

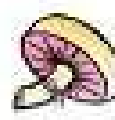
**Your body
Your life**

Your mind

Your nutrients

Your food and drink

Your supplements



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