

At the Cookshelf we are great believers in the positive benefits of a healthy diet. Our qualified nutritionist has developed a special four week nutritional workshop that is perfect for anyone who wants to improve their knowledge of nutrition and healthy eating. Upon completion of the workshop series you will be confident in your ability to make healthy nutritious food choices.

Workshops will run in the evenings from 18.30-20.00 from June 8th 2013 covering 4 key areas of nutrition. We will serve a range of healthy and nutritious snacks.

**Week One**

General Nutrition: The myths of a balanced diet

**Week Two**

Beat the Bloat: Probiotics, IBS and gut disorders

**Week Three**

Weight Loss : Why we get fat and How to shift weight for good

**Week Four**

Food Labelling and supplements: How to shop healthily

£40.00 per person for 4 week course

www.thecookshelf.co.uk

4 North Street, Eastbourne, East Sussex, BN21 3HG. Tel: 01323 732280 Email: info@thecookshelf.co.uk

Nutritional Workshops with Kate Arnold