



Working Well from Home

As we all ourselves spending more hours than we could ever have imagined in the sanctuary of our own homes, and settling into a new daily routine, Nutritional Therapist Jane McClenaghan has some advice and plenty of ideas to help keep you well when self-isolating and juggling a new routine of working from home.

Join her to discover:

- Simple ways to strike a healthy work-life balance when working from home
- Planning your weekly shop for optimum nutrition
- Tea break ideas to keep your energy and concentration sustained
- Habits and routines to help with energy, motivation and stress

Get in touch

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