



**Vital**  
Nutrition

# Stop the Slump

Do you get an energy slump at 3pm? Find it hard to concentrate and in need of a mid-afternoon sugar hit?

Vital Nutrition's Jane McClenaghan has some simple solutions that will help keep your energy levels bouncing and your sugar cravings at bay in this nutrition workshop.

**You will discover:**

- Why your lunch could be crashing your energy levels
- What to eat for a mid-afternoon boost (that isn't sugar or caffeine!)
- Storecupboard essentials for handy, healthy snacks
- Quick and easy energy solutions whether you are in the office or WFH

**Get in touch**

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