



Vital
Nutrition

Stress Less

Vital Nutrition's **Stress Less** workshop gives you the low down on how the right nutrition can build resilience and help keep stress in check.

You will discover:

- The impact of stress on energy levels, mood and cognitive function
- How, when and what to eat for improved resilience
- Simple, practical lifestyle adjustments to help manage stress
- Healthy fast food to keep you nourished when life gets busy
- The impact of diet on a good night's sleep

Get in touch

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