

Eat Your **Heart** Out

Vital Nutrition's **Eat Your Heart Out** workshop provides natural solutions and practical suggestions to help support heart health and keep your ticker in top health.

You will discover:

- Lifestyle changes for improved cardiovascular health
- The low down on cholesterol and how diet can affect it
- What foods to put on your shopping list to support a healthy heart
- Key foods to help balance blood pressure
- Easy dietary swaps to keep your circulation flowing



contact us to find out more:

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