

GOOD MOOD Foods

Vital Nutrition's **Good Mood Foods** workshop is packed with ideas and practical suggestions to support good mental health.

You will discover:

- Vital Nutrition's good mood food checklist
- Why sugar and caffeine only provide a temporary boost
- The ingredients of a perfect 'Mind Meal' to help lift mood
- Simple changes you can make immediately to help boost your endorphins
- Why a low fat diet may be a contributing factor in depression and low mood



contact us to find out more:

T: 07704 520257

E: emma@vital-nutrition.co.uk

www.vital-nutrition.co.uk