

## Men's Health Toolkit

Vital Nutrition's **Men's Health Toolkit** workshop is like a nutritional MOT for men.

We will arm you with all the information you need to nourish your body so that you feel well and function at your best, every day.

### Your group will discover:

- Eating for optimum energy and vitality
- Weight loss that works for men
- Cardiovascular health – managing blood pressure and cholesterol
- Prostate health – what foods can help and what foods can hurt?
- Natural sleep solutions



*contact us to find out more:*

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