

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 appetite
- 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 our diet on a good night's sleep



contact us to find out more:

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