



**Length:** 1hr

**Delivery modes:** Onsite & Virtual Presentation; Pre-recorded tutorials.

**Details:** In addition to a healthy and balanced lifestyle, certain foods are said to contain a high level of vitamins, minerals and antioxidants especially beneficial for the immune system.

This session elaborates on how these foods support the immune system, and shares ways to integrate them into daily consumption.

**Content includes:**

- Superfoods and other food sources
- How they work to protect the body
- Daily tips on integrating immune boost foods into diet.

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

# Immune Boost Nutrition

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*