



Liver Health Awareness

Length: 1hr

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

Details: The function of the liver is to convert the nutrients from the foods we consume into substances the body needs for different purposes. It stores these substances and distributes them across the body as and when needed. Detoxification, metabolism, cleansing blood, fighting off viruses and providing support for the digestive system are some of its multiple functions.

A healthy liver is extremely essential to wellbeing, so an education to raise awareness of its function, and how to maintain its health is the primary purpose of this presentation.

Content includes:

- An introduction to the liver function
- Alcohol & Liver Health – the impact of excessive alcohol consumption on the liver function
- Weight & Liver Health – the impact of weight on the liver function
- Nutrition For Liver Health – Liver friendly recipes
- Lifestyle tips for liver health

Connect with WORKBLIS to discuss requirements - hi@workblis.com

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.