



Length: 1hr

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

Details: What is a plant-based diet? How can it help improve health and wellbeing?

This presentation explores the concept of plant-based/whole foods diet; and offers tips on how to incorporate these principles into daily consumption habits.

Content includes:

- Explore evidence of health promoting qualities - Mediterranean Diet
- Locally sourced organic foods
- Five a Day targets
- Sources of Protein, Vitamins, Minerals & Fibre
- Health impact & benefits

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.