



Vitamins 101: Smoothie Session

Length: 1-1.5hrs

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

Details: Vitamins are contained in all-natural foods. Eating a balanced diet, high in nutrient-rich fruits and vegetables can help keep the body's pH levels intact.

This creative presentation serves as a beginner's guide to the world of vitamins. This combined nutrition and smoothie session shares knowledge of common vitamins and their properties, showcasing delicious smoothie ideas that help incorporate these into the daily diet.

Content includes:

- Hype or Help? The debate behind supplemental vitamins.
- The properties of Vitamins A, B, C, D, E & K |Fruit & Vegetable sources
- Vitamin A Immune Booster Smoothie – Healthy Skin, Hair & Teeth
- Vitamin C Regenerator Smoothie – Antioxidant, Cell Growth & Repair
- Vitamin D Sunshine Smoothie – Healthy Bones
- Vitamin E Cell Protector Smoothie – Antioxidant
- Vitamin K Healing Smoothie – Health blood vessels, Healthy heart, and bones.

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.