

# Mood and Food / Nutrition and Wellbeing

Leicester Tuesday 24<sup>th</sup> February 2015

## Mood and Food 9:30am to 12:30pm

Aims: To be more aware of how our mood affects our choice of foods. Also how our food choices hugely influence our moods.

Outline:

- What influences our food choices?
- Warning signs, intolerances and allergies
- The importance of energy levels on our food and drink choices
- How steadier energy can help with overcoming addictions
- Changes we can make to can prevent and eliminate disorders

*"The diet I was on wrecked my health. I can honestly say that eating more healthy fat saved my life" – Tina (ex-bipolar participant)*

## An introduction to Natural Nutrition 1:30pm to 4:30pm

Aims: To share an overview of the essential nutrients, important food components and ways of have these from natural foods.

It now seems ancient doctors were right when they were saying things like;

*"Let food be thy medicine", "We are what we can digest",  
"Healing usually starts with better food"*

Outline:

- Are there really just 50 essential nutrients?
- How to create your ideal meal for both taste and goodness
- You can choose your body shape through what we eat
- Balancing meals to manage energy levels
- Improving our knowledge of food to achieve optimum health

*"Finding out about just one mineral deficiency was the turning point for me." - JT*

Find out more / Book a place: Email: [info@wraptraining.co.uk](mailto:info@wraptraining.co.uk) or Phone: 01163 260444  
Cost per person for full day: £40, Concessions for voluntary sector/very low income.  
Each session can contribute to CPD (Continuing Professional Development) with a course certificate supplied on request.

About the course designers and facilitators:

Roger Smith has 20 years experience in food research working with multinational food suppliers. He is a member of the International Stress Management Association. This series of training events have been created alongside nutritionists and health researchers around the world. This training is designed to aid participants in making informed food choices for recovery, resilience and optimal health.

For organisations, similar training can be provided as half day sessions or over two full days.