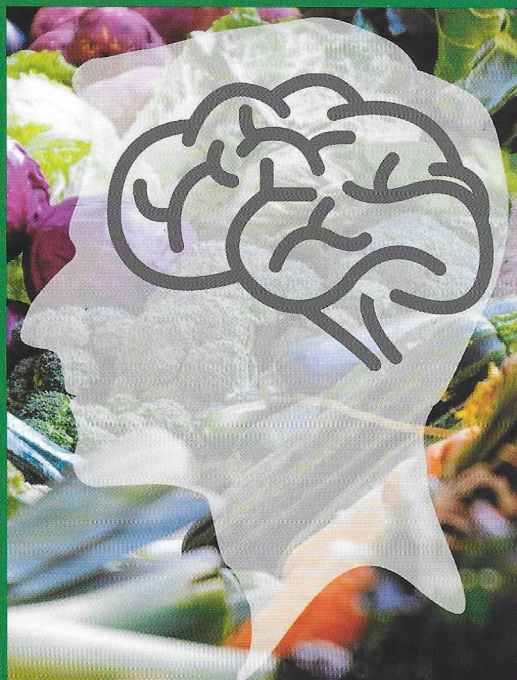


WORKSHOP

Improve your mood and
reduce anxiety

- Always tired?
- Struggling with low mood and anxiety?
- Relying on sugar, alcohol or coffee to get you through the day?



Join us to discover simple but effective tools from Nutritional Therapy and Counselling for better mental health



Isabel dos Santos
Counsellor MBACP (Accred)
www.isabelcounsellor.com

SATURDAY, 28TH MARCH
10 AM - 3 PM

ST. SWITHUN'S INSTITUTE,
THE TRINITY,
WORCESTER,
WR1 2PN



Caroline Rees
Nutritional Therapist MBANT
www.nutritionbycaroline.com

£60 per person. Booking essential. Tickets available from Eventbrite

WHAT YOU'LL LEARN

- A better understanding of the underlying causes of low mood and anxiety
- How body and mind are interconnected
- How nutrition and lifestyle influence your mood and mental health
- How to take control of your health with self-help tools
- Where and when to get extra help

CAROLINE REES

Caroline is a Nutritional Therapist who has long been interested in the links between mental and physical health. She has successfully helped many clients to improve their mood and anxiety issues at the same time as improving overall health. As a former medical research scientist, she understands the biochemistry of how food and lifestyle affect our mood.

ISABEL DOS SANTOS

Isabel is an experienced counsellor who worked for several years in Primary Care (NHS) and for mental health charities. She helps people experiencing depression and anxiety, and unresolved childhood issues, among others. She is passionate about empowering people to lead more fulfilling lives. In her work, she encourages clients to introduce lifelong habits for good mental health.

"The barrier between mind and body, for so long a dogmatic conviction, appears to be crumbling."

PROFESSOR EDWARD BULLMORE,
HEAD OF THE DEPARTMENT OF
PSYCHIATRY, CAMBRIDGE UNIVERSITY



Scan the code above to book tickets