

# ONE DAY COURSE IN NUTRITION AND HEALTH



**Would you like to find out more about nutrition and health, the food you eat and your own diet?**

**Would you like more information about healthy eating to help you in your work and to be able to pass onto your clients?**



**Would you like to gain a Level 2 National Qualification accredited by the Chartered Institute of Environmental Health (CIEH) and delivered by a CIEH approved trainer?**



If so, come to the one day course in Nutrition which is being held at Wallsend People's Centre, 10 Frank Street, Wallsend, on Saturday 18<sup>th</sup> July 2009 from 9.30am to 4.30pm.

The course covers such areas as the types and proportions of foods for a healthy diet; essential nutrients that the body needs; the relationship between diet and health; nutritional requirements of different groups of people; and food labelling.



The cost of the course is £65 which includes CIEH registration, qualification certificate and a Nutrition book.

If you would like further information or to book a place please contact Janice Hale on 0780 5615896 or email: [jhale@advancetraining1.co.uk](mailto:jhale@advancetraining1.co.uk)