

Wellbeing

Wednesday 27 January day

SESSION ANNOUNCEMENT

JOANNE HART

FOOD & NUTRITION



Joanne is a registered Nutritional Therapist, Registered Nutritionist MBANT and Yoga Teacher who operates in Berkshire.

She designs Nutrition & Resilience Programmes for Professionals & Athletes and will be helping us to consider how best to fuel our bodies during the lockdown with some great advice on how to stay healthy and what we can get away with in terms of 'treats'.

Joanne will be speaking just before the lunch break and has promised to provide a recipe that we can prepare for lunch and that Mr Vallance will attempt to cook live from the Food Tech rooms!

Details about what ingredients you are going to need to follow.

Joanne's session will run from 12.30 – 13.00