

Living Well and Working Together: A Holistic Approach to Health

This webinar will highlight the importance of nurturing both body and mind for overall wellbeing, focusing on food as nourishment.

It will also explore mind-body connections and provide practical tools and tips to reduce stress.

Speaker:

Jill Whitehall:

Registered Dietitian and Nutrition Consultant,
Mindful Self-Compassion and Mindful Eating Awareness
Teacher.

For further information and to book a place on this and other courses
please visit www.maxcourse.co.uk/henw

**Tuesday 16th September
2025**

18:30 to 20:00

Registration from 18.15



1.5 hours ECPD

This webinar is fully subsidised.

If you book a place and fail
to attend you will be
charged the full cost of £30