



HOW HEALTHY ARE YOU?

Is a workshop aimed at questioning your diet and lifestyle - after all ' you are what you eat '.



If you are:

- Interested in nutrition and want to get the most out of life;
- Have a family history of cancer, heart disease, diabetes, obesity **OR**
- Purely want to lose weight before the summer,
then this workshop is for you.

Find out:

- Body Mass Index, Basal Metabolic Rate and Fat %
- How to prevent diseases of lifestyle by eating more healthily
- Tips for weight loss
- Answers to personal nutritional questions



DATE: 26th April 2008

TIME: 10:30 - 1:00

PLACE: Avenue del Prado, Nueva Andalucia, Aloha Gardens (Above El Jardin restaurant)

COST: €30 prior to Wednesday, 23 April or 45 € thereafter. PLEASE NOTE: pre-registration is required as spaces are limited

Refreshments will be available throughout

Contact me on 677 111 513 or dietitian@nicoladrabble.com for directions, payment details and to reserve your space.

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