



‘Eat Well, Be Well’

A workshop for your optimum health & wellbeing

ELLE magazine’s nutritional expert
Janine Fahri is hosting
nutrition & lifestyle workshops designed
to help you look and feel your best

*If you answer **YES** to any of the following questions ...*

Are you **lacking in energy** or **tired** all the time?

Do you feel **stressed**, **depressed**, **anxious** or **irritable**?

Have you got **aches** and **pains**?

Would you like to **manage your weight**?

Do you suffer from **bloating** or other **digestive problems**?

Would you like to **eat healthily**, but don’t know where to start?

Are you bewildered by the range of **vitamins**, **minerals**
and other **dietary supplements** on offer?

*... then say **YES** to the ‘Eat Well, Be Well’ workshop!*



About Janine Fahri

Janine Fahri is an established nutrition and lifestyle specialist with BSc (Hons) degrees in both nutritional therapy and psychology. She is founder of the renowned **NutriLife Clinic** in Marylebone where she has successfully helped countless individuals to reach their optimum health. Janine regularly contributes to leading publications such as The Times, Daily Mail, Telegraph, Runner's World, Men's Health, Red, More! and Marie Claire, and she is the resident nutrition expert for the Daily Mail and ELLE magazine.

'Eat Well, Be Well' Workshop

Held in Marylebone High Street, London W1 on:

Monday 28th April at 6.30pm

Wednesday 30th April at 6.30pm

Workshops are approximately 1½ hours

£50 per person (includes nibbles & handouts)

***** Bring a friend and SAVE £10 on your ticket *****

Call 07956 848 002 to reserve your seat