

This 1 hour online session will take place on:

Tuesday 30 March at 10.30 a.m. and again at 5.30 p.m.



Steps to Super charge your Health

Nutrition/Sleep/Mental Health - Workshop

by Clare Hegarty covering the topics below.

- The role of Sleep in Health;
- Creating good sleep hygiene;
- Stress and Sleep;
- Technology and Sleep;
- Nutrition for all the family;
- Nutrition for Mental Health;
- Healthy Eating.

Looking after our health and well-being has never been more important. We are living through uncertain times when it comes to global and personal health. One of the most empowering things we can do when so much is out of our control is to take control of our health through our diet and lifestyle choices. Join Clare Hegarty, certified nutritionist and health coach for a session on 'Supercharging Your Health' where she will be sharing her top tips on supporting immunity and optimising nutrition and sleep for better health.

Having spent many years in the corporate sector, Clare now combines her training as a nutritionist and sleep coach with her in-depth knowledge of industry to provide bespoke Health and Wellness Programmes. Empowering people to make small yet profound changes that will help increase energy levels, reduce stress, improve sleep and avoid disease.

To register for this online event please email [Roisin Graham](mailto:Roisin.Graham@nipsa.org.uk) NIPSA Union Learning Project Co-ordinator.