

Elementary Food and Health Course for Carers of Adults With a Learning Disability – 6 & 13 May 2019 10-3pm, Gracemount Medical Practice



A FREE Introduction to Nutrition & Healthy Eating for Support Staff

- Do you care for an adult with a **learning disability**?
- Do you feel confused by health and **nutrition** advice?
- Would you like to support your clients to be **healthier**?
- Come to our free 2 days training delivered by Registered Associate Nutritionists/Dietitians

A really interesting and well-run course. I'll use this to assist staff to support service users in healthier eating options. To help staff to support our service users to eat healthier straight away.

A great two days: I have learnt a lot that I took for granted. I want to incorporate what I've learnt into the service. I will use it with one particular service user who is overweight and with others to incorporate healthier choices. Thank you!!

Really enjoyed the course, presented well and also incorporated additional useful information. I'll improve my practice in my group work and it'll help me to enable service users to make healthy choices in cooking groups and encourage service users at lunchtime to make healthier choices. I will pass on info to other staff.

Very clear and easy to understand with a good relaxed approach. Lots of good examples to relate to practice.

Please get in touch for more information/bookings:
admin@edinburghcommunityfood.org.uk

