



COMMUNITY NUTRITION WORKSHOPS

Sarah Moore (BSc, MPH) is a university qualified Registered Nutritionist and experienced public speaker. She has a relaxed delivery style and a passion for translating the latest lifestyle and nutrition science into practical lifestyle tips everyone can adopt.

These topics run year-round and can content and topics can be adapted to suit the needs of the participants.

How to be Healthy

A no-nonsense guide to the state of our health, the foods we need to be eating for optimum nutrition and those to leave out. This session also develops skills in nutrition literacy, myth busting and label reading.

Raising Healthy Eaters

Starting healthy eating habits with children early to reduce fussy eating and raise happy, healthy eaters (0-5 years). Plus, how to prepare them for a lifetime of healthy living.

Eat Well to Train Well

Whether training for fitness or sport, the correct fueling can improve performance, recovery and injury management. This session is aimed at every-day exercisers to find out exactly what they need to eat well to train well.

Healthy Lunchbox Tips & Tricks

Everything you want to know about packing healthy school lunches – and more.

Alcohol: Friend or Foe?

How harmful is drinking and is there a healthy amount? This session covers the benefits and risks of alcohol both occasional and regular drinking. Popular in the lead up to Feb Fast and Dry July.

Good Food Good Mood

Food and nutrition have a powerful impact on our health and can improve well-being by influencing mood in the short and long term. Find out the latest nutrition strategies for happiness!

Healthy Eating for Healthy Ageing

Find out how our dietary needs change as we age and just how important diet is to maintaining your health and wellbeing.

Healthy Lifestyles

Find out how to prevent chronic disease prevention through a healthy lifestyle. Plus, myth busting common lifestyle hacks – find out what really works.

Community workshops are \$400 for a 60 minute session which includes 15 minutes for questions.

All topics can be reduced to 30-45 minutes for shorter sessions as required.

Sarah has full Professional Indemnity and Public Liability insurances.

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Sarah Moore
WELLNESS