



Protein & Portions

Where: Westhill Office
Date & Time: 13 May 11h30 - 13h30

This Healthpoint gets you hands-on with the basics.

- Are you eating enough of the right stuff to support your strength, energy, and recovery?
- See the easiest way to measure portion sizes
- Find out how to read a food label without needing a degree in nutrition

With interactive displays, practical takeaways, and plenty of opportunity to ask the questions you've always wondered about but never quite got round to.

Drop in between 11h30 and 13h30