

## **Nutrition and bereavement webinar**

The next in our free webinar series will take place on Friday 13<sup>th</sup> August at 11am, and I thought you might find it interesting. As always, everyone is welcome to attend so please do forward this invite onto anyone that you think may find it helpful.

### **Nutrition and Bereavement – Sabine Horner (Nutritionist and Yoga Therapist)**



Sabine supports individuals when they have suffered a loss to help them understand how their experience has affected their bodies, and how managed nutrition can benefit their wellbeing. In this webinar, Sabine will be sharing about how bereavement can affect our digestion.

The webinar is hosted on Zoom and the [link to join us can be found here](https://www.fullcirclefunerals.co.uk/learning-together/webinars).

Please do let me know if you'd rather I didn't send you these webinar invites – I don't want to seem like I am pestering!

Hope to see you there.

Kindest regards,

Xs

*Sarah*



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