



# *Nutrifit for Kids & Teens*

Optimum Nutrition intensive for improved focus, energy, wellbeing and sports performance



Photo by Sean Ringsted

## Expert guidance

Award-winning Nutrition expertise from Catherine Burns  
BA Hons, Dip ION, mBuNA:  
Nutritional Therapist,  
RG Columnist and founder of  
Natural Nutrition.

## Kid & Teen Focus

All the principles of Optimum Nutrition within an age specific, relatable context. Open to teens in weeks 1, 2 and 4 (13-17 years) and younger kids (8-12 years) in weeks 3 and 4.

## Easy Format

Six modules across three evenings in one week. Fun, science-based, interactive environment. Understand how what you eat impacts how well you think, perform and feel.

**wk 1: 16/17/18 July, wk 2: 23/24/25 July, wk 3: 20/21/22 August or wk 4: 27/28/29 August**

**Spaces limited. Pre-registration essential. Details and sign-up at [www.natural.bm](http://www.natural.bm) or 505-4725.**