

Eat well keep well

BDA Work Ready shows how our food and drink choices influence positive ageing.



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Health decline is not inevitable with age - it is possible to stay healthy and rate quality of life as high. With the age of retirement on the rise, BDA Work Ready bring you a workshop to show how diet can influence positive ageing for healthier, longer, working lives.

This workshop starts with a myth busting quiz on the effects of ageing and gives tips on food groups which support better nutrition, whilst providing top tips to encourage positive ageing for healthier working lives.

With a factsheet for all attendees to come away with top tips on how to eat well and keep well, this is a comprehensive – and – fun- intervention for employee engagement and wellbeing.

Discover how our experts can demonstrate to your workforce how food and drink choices help us feel and function well at work

Get in touch with the team today to find out more or to book a Work Ready dietitian for your organisation:

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