



Brain Foods Presentation

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Certain food sources are said to boost the brain function by increasing focus, improving memory, and generally increase the odds of maintaining a healthy brain.

This presentation explores:

- Current science on nutrition for improved cognitive performance - the role Omega 3 fatty acids and antioxidants
- Popular food sources - alongside their benefits for increasing plasticity, reducing inflammation and supporting long term brain health
- Incorporating brain foods into daily diet.

Alongside brain power foods, a holistically healthy lifestyle is needed to support cognitive health. This includes adequate exercise, rest, and a balanced diet.

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.