

GUT HEALTH + PREVENTING BOWEL CANCER WORKSHOP

Join Nick Lee OAM, Founder and Chair of Jodi Lee Foundation and Themis Chryssidis, Dietitian and Co-Founder of Sprout, to explore the relationship between a healthy diet, lifestyle and preventing bowel cancer.

Jodi Lee Foundation is a national charity that raises awareness for the prevention and early detection of bowel cancer, Australia's second biggest cancer killer.

Themis leads a team of experienced, passionate and accredited practising dietitians at Sprout Health Studio to help people achieve real, sustainable and positive health results. The team works closely with Sprout Cooking School to educate people on the relationship between food and health.

Nick and Themis offer a range of interactive presentations to inform and educate your team.

SESSIONS WILL COVER

- The key to a healthy gut.
- The role a healthy gut plays in preventing bowel cancer.
- Practical strategies to overcome diet and mindset obstacles.
- Tips to maintain an active and healthy lifestyle.
- How to recognise the signs, symptoms and risk factors of bowel cancer.
- Steps you can take to help prevent bowel cancer.
- The personal story of Nick Lee OAM losing his wife Jodi to bowel cancer at the age of 41 and the importance of early detection in saving lives.



Nick Lee OAM



Themis Chryssidis

NUTRITION + PREVENTION WORKSHOP

WEBINAR

\$1,000 (60 minutes)

NUTRITION + PREVENTION WORKSHOP

FACE-TO-FACE

\$1,500 (60 minutes)

**Travel 15km outside the Adelaide CBD will incur a travel fee*

NUTRITION + PREVENTION WORKSHOP

INCLUDING COOKING DEMONSTRATION

Tailored to your workplace

NUTRITION + PREVENTION WORKSHOP

INCLUDING COOKING DEMONSTRATION

Sprout Cooking School, 89 Sir Donald Bradman Dr, Hilton SA
\$125 per head (120 minutes)

To register your interest and for more information click [here](#)

JODI LEE
FOUNDATION



PREVENTING
BOWEL CANCER