

BLOOM⁺

***FREE expert support in nutrition,
exercise and wellbeing!***

18 WORKSHOPS

- 🍏 Nutrition masterclasses
- 💖 1-1 Full Nutritional support session with care-plan
- 🏋️ Qualified personal trainer led fitness classes
- 🌱 Grow and cook food in our community garden
- 🌐 Access to our online nutrition platform
- 😊 Mental health support



scan here to sign up!

🌐 www.danielnutrition.co.uk/bloom

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