

BATPACK PD 2

The Impact of Nutrition on Student Wellbeing

Angelica is a Clinical Nutritionist and the founder of This is Your Body. She is passionate about helping teens build a joyful relationship with food and their bodies. She does this through fun and engaging workshops, supporting teens one-on-one in her Body Bop Program and sharing her tips, tricks and stories online.

Join Angelica as we explore:

The link between nutrition and wellbeing:

The pivotal role food plays in providing our bodies with the energy to learn, connect, motivate and increase mental health.

The language we use when we speak about food and bodies: Small changes to the way we speak about food can make a difference in shaping the way young people feel about food and their body. Gain practical strategies for the classroom.

Snacking: Increasingly we are seeing young people not having breakfast and not eating at school. Providing opportunities to eat/snack at school may encourage eating and give them the ability to actively engage back in class.

THISISYOURBODY.COM.AU

**FREE 75 MIN
WEBINAR**



**AUG
27**



**7:30-
8:45
AM**



Book Now!

**Register by
25 Aug**

ANGELICA PUPILLO
This is Your Body

For More Info:

admin@batforce.org.au
phone 5221 4339
www.batforce.org.au



School Focused Youth Service

batforce
BARWON ADOLESCENT TASK FORCE

**this is your
body**