



NUTRITION + LIFESTYLE SEMINARS

All 45-minutes, available in-person or
livestream, at breakfast or lunchtime
(catering available) or whenever suits you!

PERFORMANCE OPTIMISERS

Navigating Busy Season

your essential Wellness Survival Guide

Feel Better Every Day

optimizing energy, mood, clarity and
concentration

Raise Your Game

sports nutrition as a differentiator

Let's Talk About Digestion

why it's more important than you think!

Body Composition + Biometrics

the markers that really matter when it
comes to your weight and an assessment
of current trends

Immune Boosters for COVID-19

building resilience for you and those
around you

Balancing Hormones Naturally

understand how your diet and
environment influence gene expression

CHRONIC DISEASE PREVENTORS

Nutrition for Stress Defense

why Zebras don't get ulcers and neither should you!

Rethinking Nutrition and Heart Health

the roles of inflammation and sugar

Optimum Nutrition for Cancer Prevention

food and lifestyle positivity

Nutrigenomics

how your genetics influence your micronutrient status,
cardiometabolic risk factors, weight management, dietary
preferences and even your sports performance

No Sugar November

understand the biochemistry of cravings and get the plan
for nipping your sugar habit in the bud (limited availability)

Healthy Aging (beyond wrinkles!)

a roll of the dice or something you can control?

All seminars are written and hosted by Nutritionist, Catherine Burns BA Hons, Dip ION, mBNTA. Catherine trained with the Institute for Optimum Nutrition in London UK and has over 16 years clinical experience in her field.

To discuss your options or make a booking, please contact
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email at catherine@waterfrontwellness.bm



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