



SPORT HALLAM WORKSHOPS



**NUTRITION - HOW TO EAT WELL
ON A STUDENT BUDGET**

WEDNESDAY 4TH FEBRUARY 2026

12:00-13:00 [ONLINE]

This session will focus on nutrition guidance useful to all participation groups (e.g. recreational sport, club sport and performance athletes) with tips for eating well, while monitoring a student budget.

To register your attendance for this workshop, please use the QR code or follow the link here:
tinyurl.com/y37ynx2v

