



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

