



WOMEN'S FORUM, IISc

Invites you to the Webinar on

Futureproof Your Health With Nutrition



JINAL SHAH

Senior Nutritionist
With Team Rujuta Diwekar

It is said that we are what we eat. Food not only gives us energy through nutrition, but it also plays an important role in our holistic development.

Nutrition is the cornerstone of a healthy lifestyle, yet it doesn't get the kind of importance it deserves! In the last few years, several food trends have gained prominence that promises fitness, health, and better lifestyle.

But are they really worth it?

Health and Fitness is not just about weight loss, but using nutrition as a tool to nourish your body inside out.

In this talk, nutritionist Jinal Shah, a part of team Rujuta Diwekar will enlighten the audience on how to futureproof health with nutrition.



CENTRE
FOR
SOCIETY
AND
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8 August, 2022
Monday
4:00 PM

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