

## About Kathryn Rogers

Kathryn is a registered Nutritional Therapist. She holds consultations in the High Peak, providing personalised nutrition advice based on an individual's background and needs, such as: dietary preferences; current health and lifestyle; genetic/hereditary factors; symptoms or diagnoses; optimising health; support for disease prevention and healthy ageing.

Kathryn has the benefit of 25 years of experience working with GPs and nurses, which gives her an understanding of the effects of long-term conditions, and the care involved in disease prevention.

As well as her work in the health sector, Kathryn has a professional catering qualification, which includes food sciences and high-class cookery. She is passionate about the value of good food, and helping people add quality to their life through the enjoyment of nutritious and flavourful food.

Kathryn is an enthusiastic practitioner who combines her broad range of experience and training in health sciences, food science and food preparation to provide individualised Nutritional Therapy. Her services include assessments, hour-long consultations and written plans. She also advises about laboratory testing and professional supplements.

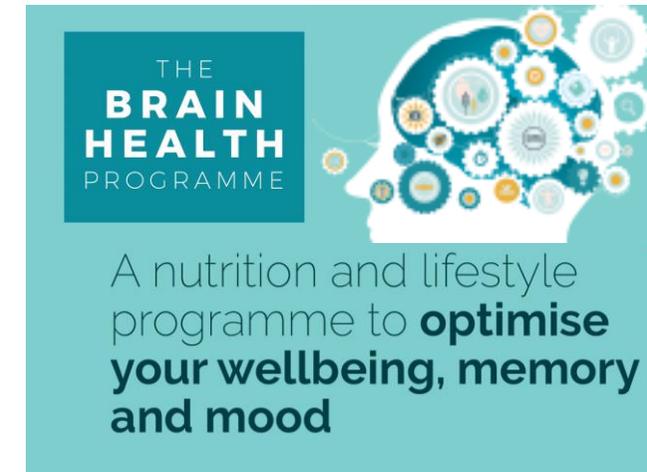


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Achieving optimal brain health with  
The Brain Health Programme

Your mood, memory and general wellbeing are dependent on the functioning of your brain cells and the production of brain chemicals.

Keeping the brain's structure in good physical condition is key to improving mood, memory, cognition, focus and concentration.

## What is the Brain Health Programme?

The Brain Health Programme is a nutrition and lifestyle coaching programme being delivered by qualified Nutritional Therapists country-wide. It has been designed to **optimise cognitive function**.

The Programme is a series of six interactive workshops covering topics shown in research as being important for brain health. Each workshop is designed to help you engage with every aspect of the programme and understand what you need to do to optimise wellbeing, memory and mood.

### The six workshops:

- Nutrition for brain health
- Optimising gut health
- Stress management
- Getting a good night's sleep
- Exercise
- Brain training

The programme will start you on the journey towards understanding and changing your relationship with food, with the goal of helping you make sustainable behavioural changes to support your long-term health and wellbeing.

## Where can I attend the programme workshops?

Workshops are held at Riverside Wellbeing, 1 Market Street, Whaley Bridge, High Peak SK23 7AA.  
www.riversidewellbeing.com  
01663 734347



## How can I book a place on the programme?

For more information or to book a place on the next programme, please email Kathryn Rogers:  
kathryn.rogers@forkprovoking.co.uk



To find out more about the Brain Health Programme please visit the **website:**

[www.thebrainhealthprogramme.co.uk](http://www.thebrainhealthprogramme.co.uk)

