



Nourishing Your Body in Times of Stress

Fuelling your body effectively when science gets stressful



- 🍎 Nutrition strategies for busy days
- 🍎 How stress shapes our food choices
- 🍎 Quick, balanced meal ideas
- 🍎 Q&A

Join us for a practical talk by

Tali Nahum, Registered Dietitian (M.Sc.)

Sunday, **28.12.25**

Dov Elad Reading Room

12:45 - Light lunch (13:00 talk begins)

We look forward to seeing you there!

Neta, Aliza, Shakked & Jenny-Lee