



Nutrition and Lifestyle Service

FREE TRAINING

The Nutrition and Lifestyle Service at CADAS is holding a free 3 day workshop for local professionals:

“Understanding Nutrition and Integrating into Treatment and Education Delivery (UNITED)” This is your chance to find out more about the role diet and lifestyle choices play in addictions and recovery.

Learn more about how the service can help your clients improve diet, sleep, exercise levels, develop new hobbies, skills and interests.

Tuesday 7th, 14th
and 21st February
2012

9.30am - 4pm

The CADAS building is located on the corner of Harrison St and Paradise St. It is situated behind Specsavers Opticians on Dalton Rd, and behind the Greengate Club on Greengate St.



**Reserve Your
Place Now.**



- Learn about how and why addictions develop
- Learn about how diet and lifestyle choices can influence the development of and recovery from addictions.
- Learn about potential health problems and deficiencies that can affect substance users.
- Learn how to offer brief nutrition and lifestyle interventions to support clients
- Learn about how to support clients to identify and meet physical and emotional needs healthfully.
- Learn how to help clients reduce cravings and withdrawal symptoms.
- Learn how to help clients reduce the risks of chronic degenerative diseases.
- Learn how to enable clients to reduce the risks of relapsing—and supporting them effectively if they do.
- Find out more about how the Nutrition and Lifestyle Service can support your clients.

**CUMBRIA ALCOHOL
AND DRUG
ADVISORY SERVICE**

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