

6-week Online Nutrition Program for People with Down Syndrome

A 6-week program that uses visual and practical tools to educate people with Down Syndrome, of all ages, on how to eat more healthily.

7pm Tuesday 10 Sept.	Online Zoom #1 (60 minutes)	Introduction <ul style="list-style-type: none"> • Why eating healthily is important • What a healthy plate looks like • Sugar and sugary or 'zero' drinks
7pm Tuesday 24 Sept.	Online Zoom #2 (60 minutes)	How to eat <ul style="list-style-type: none"> • The importance of how we eat • Giving the body a break: snacking • The importance of exercise
7pm Tuesday 8 October	Online Zoom #3 (60 minutes)	Sleep & Processed foods <ul style="list-style-type: none"> • Identifying ultra-processed foods • The importance of sleep • How to eat to support sleep



WHO SHOULD DO THIS PROGRAM?

- People with Down Syndrome
- Any age, ideally over 12 years
- Interested in health, food and/or cooking
- Moving into own home soon
- Trying to lose weight
- Available to join the attendance sessions

1

3

WHAT WILL THE PROGRAM COVER?

- The importance of eating well to feeling good
- What healthy eating looks like
- Giving the body a break: snacking
- Sugar and sugary or 'zero' drinks and ultra-processed foods
- How you eat is as important as what you eat
- The importance of exercise and sleep

2

WHAT IS INCLUDED?

- Three online 60-minute sessions on Tuesday nights at 7-8pm, delivered via Zoom
- Next program starts 10th September with attendance on:
 - 10 September
 - 24 September
 - 8 October
- Homework between sessions (e.g. walk after meals, YouTube links, recipe ideas)





HOW DO I SIGN UP?



4

- The program cost is \$350 per person
- To confirm your place please pay using the QR code (left) or bank transfer to Nutricomms | BSB 062 692 Account 76 848 821
- All programs limited to 10 people



5

WHAT IF I AM A PARENT / CARER ?

- This program is not for Parents and/or Carers
- A course for Parents and Carers is in-the-making and expected to start in October 2024
- Email me at info@nickyclarknutrition if this is something you are interested in
- In the meantime, try watching one of my previous talks on YouTube:
<https://www.youtube.com/watch?v=AaYbV2f-dEc>



About Nicky

Nicky is a Nutritional Therapist working in Sydney's CBD. Nicky sees clients privately for one-to-one consultations and gives talks and workshops and runs online programmes. Nicky has 4 children and her youngest son Michael, who is 4.5 years old, has Down Syndrome. Nicky used to work in the corporate world and moved to nutrition when diet changes helped her to get pregnant with her first child. Nicky's practical, no-nonsense approach to nutrition has been described as "refreshing".



PLEASE USE THE QR LINK BELOW TO BOOK A FREE 15 MINUTE SESSION WITH NICKY.



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