

Food for thought..... and don't forget to drink too

Come and find out about
Nutrition and Hydration

Tuesday 23rd October
5pm to 7pm, Lecture Theatre 1,
Medical Education Centre,
Northern General Hospital

- What is malnutrition?
- Signs to look out for
- What can you do

*Examples of care in
hospital - catering
services, tackling
swallowing problems*

To book your free tickets:
Call the Membership Office on
01142714322 or email
jane.pellegrina@sth.nhs.uk

*One million older people
living in their own homes
in the UK are suffering
from malnutrition*

Speakers are:

Elaine Cotton, Head of Dietetics
Emma Wilson, Head of Catering
Sabrina Booth, Speech and Language Therapist



Sheffield Teaching Hospitals
NHS Foundation Trust

