

# Health Day at the Botanics

✘ There is a day of talks about health and food taking place at the Botanics on 24 January which will concentrate on what you should really eat.

An impressive line up of speakers (and great food for lunch!) will prove entertaining for those keen to know more about how certain foods impact on their health.

This event is organised by Emily Maguire a degree qualified nutritionist living in Edinburgh and Frances Bavin who is a nutritional therapist.

The aim is to share a day of talks and exhibitions about health and nutrition but also to get people thinking 'outside the box'. The two food professionals want to get you interested in real food and how you can change your lifestyle to attain better health.

There will be local speaker and exhibitors to show off what Scotland and Edinburgh in particular can offer you .

The Edinburgh Reporter spoke with Frances to tell us more about what to expect from the day:

[Edinburgh Reporter NEWS](#) from [Phyllis Stephen](#) on [Vimeo](#).

You can book a place [here](#).