

BOOST YOUR PERFORMANCE

CAN FOOD AND EXERCISE BOOST YOUR RESULTS AT WORK? MAKE YOU SCORE MORE GOALS ON THE FOOTBALL FIELD, GET BETTER GRADES IN SCHOOL, OR HAVE PLENTY OF ENERGY IN YOUR GOLDEN YEARS?

Innovation can change the future of food.

We shine the spotlight on present and future knowledge on how tailored nutrition and health can help us achieve the best results. Be it at school, at work, in the sports club, or as we age. And you are invited to join us.

Get inspired, join the conversation, and share your thoughts.

Wednesday, 31 January 2018 at 13.00-15.30 at Nestlé Nordic

Address: Arne Jacobsens Allé 7, 2300 Copenhagen S

- 13.00 Registration
- 13.10 Welcome by **Lone Ryg Olsen, CEO of Danish Food Cluster**, and
Per Frank, Nordic Nutrition Manager at Nestlé
- 13.20 What can a star athlete eat? This is what we do at F.C. Copenhagen.
by **Lars Christensen, Nutritional Counsellor for F.C. Copenhagen**
- 13.40 Can you eat your way to better results at work or as a senior citizen?
by **Susanne Wolff, Nestlé Health Science**
- 14.00 Coffee break
- 14.20 This is how exercise during work can make you more effective on the job
by **Just Justesen, PhD, University of Southern Denmark**
- 14.40 Q&A and debate
- 15.00 End of event networking

We're very much looking forward to seeing you!

Lone Ryg Olsen, CEO, Danish Food Cluster
Per Frank, Nordic Nutrition Manager, Nestlé

Register before January 26 with an email to camilla.adelfred@dk.nestle.com

