



March 10th, 2017

Importance of nutrition and hydration on the menu at Trust event

The importance of good nutrition and hydration to prevent malnutrition and improve health and wellbeing will be the focus at South Tyneside NHS Foundation Trust's next Medicine for Members event in support of Nutrition & Hydration Week (March 13th-19th).

The talk by staff from the Nutrition and Dietetics department is free. The session for Trust members will be held on Wednesday, March 15th, at 2.30pm, in the Lecture Theatre in the Education Centre at South Tyneside District Hospital. Tea and coffee will be served from 2pm.

As spaces are limited, please contact the Membership Office on 0191 2024121 for a ticket. If you are not a member, it is easy to join; simply visit the Trust's website at www.stft.nhs.uk or contact the Membership Office. Medicine for Members events are an opportunity to find out about the work of the Trust, which provides hospital services in South Tyneside and community health services in South Tyneside, Sunderland and Gateshead. Membership is free and is open to residents in all three areas who are over the age of 16. Members receive regular updates about the work of the Trust and are invited to events, meetings and presentations on health issues.

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

For press enquiries on this release, contact 0191 404 1128 or email kay.jordan@stft.nhs.uk