# Boost Your Energy: Online Masterclass with Jackie Lynch



### Boost Your Energy: Online Masterclass with Jackie Lynch

**Event Overview**: An online masterclass on "How to Boost Your Energy and Stop Feeling Tired" will be conducted by nutritional therapist and author Jackie Lynch on Saturday, June 29th, 2024, from 10:00 AM to 12:30 PM BST. The session will explore practical dietary and lifestyle adjustments to enhance energy levels and overall performance.

**Key Learning Points**: Participants will delve into the biochemical, dietary, and lifestyle factors affecting energy, understand energy production, and gain practical strategies to manage fatigue. The course will include discussions on the impact of post-viral fatigue and offer insights to optimize energy recovery. Attendees will conclude the class with a personalized five-step action plan to improve energy levels.

**Instructor**: Jackie Lynch is an award-winning Nutritional Therapist, founder of the WellWellWell nutrition clinic, and author. She is also the host of a popular podcast and a regular media contributor on nutrition.

**Booking Details**: - **Date**: June 29, 2024 - **Time**: 10:00 AM - 12:30 PM BST - **Location**: Online - **Ticket Price**: £75 plus £1.90 booking fee (newsletter subscribers are exempt from booking fees) - **Catch-Up**: Recording available for two weeks post-event

**Additional Information**: Subscribers to the Evening Standard newsletter can avoid the booking fee. Event access details will be emailed 24 hours and 2 hours before the class. For support, contact masterclasses.support@standard.co.uk. Ticket purchases support the Evening Standard's mission to keep their publication free for everyone.

Please note, refunds are not available after purchase if you do not attend or cancel your booking. For more details about the returns policy, visit the event's terms and conditions page.

**Learn More**: For further details on this masterclass and other events, visit the Evening Standard's Masterclasses section.