**Link to download post (video):**

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**Tip – when posting on Instagram use the image in the folder titled ‘Instagram cover photo’ for the cover photo.**

**Speaker Announcement post copy:**

NMI IS PROUD TO ANNOUNCE JULIA RUCKLIDGE @ucmentalhealthandnutrition AS A SPEAKER FOR OUR VIRTUAL EVENT: MENTAL HEALTH, PRECISION NUTRITION AND LIFESTYLE MEDICINE: TRANSLATING EVIDENCE TO CLINICAL PRACTICE  
  
Don't miss the BANT Conference 2022, featuring leading educators and clinicians who are experts on emergent scientific and clinical evidence in the specialist area of nutritional psychiatry, lifestyle psychiatry, precision nutrition, personalized medicine, and integrative medicine.  
  
Link in bio for more event details and booking information.  
  
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