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FOR IMMEDIATE RELEASE

Popular EU Project Weight Matters holds final conference in Malta

The popular EU project, Weight Matters has created quite the hype throughout Malta and partnering countries, including the UK, Greece and Italy. The project comes to an end on the 30th September 2019. To showcase the deliverables of the project, the Maltese partners, Acrosslimits and project partners will be hosting the projects' final event.

The final Conference will take the form of a half day event and will be held at Razzett L-Antik, Qormi targeting 70 participants. The event will feature a keynote speech from the coordinator of the project, a panel discussion with participants from the pilots and mentoring circles and also guest experts that contributed to the project's popular mentoring circles.

The event will end with a hands on exercise coordinated by established and highly respected Maltese nutritionist Mariella Porter, on how to make healthier food choices, specifically when it comes to portion control. Lunch will be prepared by the chef of Razzett L-Antik who will liaise with Ms. Porter on the choice of food, method of cooking and presentation. The final conference will coincide with the last partner meeting which will be held the day before on Monday.

For further information, or to register for the event, please contact:

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