



# Certificate of Webinar Approval

This is to certify that

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Watched **'Upgrade Your Brain'**  
sponsored by Holford  
IHCAN Conferences Webinar

Date **24 September 2024**

CPD Hours **1 Hour**

This event has been recognised by  
British Association for Applied Nutrition and Nutritional Therapy  
as meeting the requirements for  
Continuous Professional Development

**Alice Spalding – Event Executive**