



Bonita Wade

Bonita is a qualified Dietitian, and Trainer with Drink Wise Age Well, a program to improve health outcomes for the over 50's and encourage people to have a healthier relationship with alcohol as they age. In 2014 Drink Wise Age Well produced a report, 'Alcohol Use and the Over 50's in the UK', following the first survey of its kind to look at attitudes and behaviours towards alcohol in the over 50's.

The training that Bonita delivers is available to anyone living in one of the five delivery areas in the UK. More details can be found at www.drinkwiseagewell.org.uk