

# Healthy Eating Workshop

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**This session will teach you how to make healthy food choices with the aim to improve your health and the health of your family.**

**We will look at the main food groups and how to plan meals which are healthy. We will also look at some of the current food topics such as lowering our sugar/salt intake and portion control.**

**When:** Friday 6<sup>th</sup> July 2018

**Where:** Age UK Lindsey Lifestyle Centre,  
34a Crosby Road, Scunthorpe,  
Lincolnshire, DN15 6SF

**How long:** 1 session

**Time:** 1.30pm - 3.30pm

**Cost:** FREE

**Reference:** C3673942

**Book today:**  
[enrolonline.wea.org.uk](http://enrolonline.wea.org.uk)  
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