

Healthy Eating Workshop

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Healthy Eating

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 6th 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:
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The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).

