

# NUTRITION & HYDRATION WEEK 2023

Join us for our Trafford event  
Thursday 15th March 2023  
12.30pm - 4.30pm

Stretford Public Hall, Chester Rd,  
Stretford, M32 0LG

We will be celebrating what has been achieved so far, sharing best practice, and discussing our plans for the future.

## What does the event include?

- The Trafford nutrition story
- Presentations and activities
- Empowered Conversations
- A light lunch

## Getting Here



To book your free place,  
please email  
[marieprice@ageuksalford.org.uk](mailto:marieprice@ageuksalford.org.uk)