

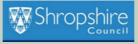
A healthy, balanced diet can improve physical and mental health. Join us for free guidance on how to eat well to feel well.

10.00 - 12.15, Friday, 27th October Castle Hall, West Castle St. Bridgnorth WV16 4AB

Book your FREE place

Call **01743 360641** or Email <u>enquiries@community-resource.org.uk</u>

Supported by



Community Resource is an operating name of the Community Council of Shropshire. A Company Limited by Guarantee 4652487 and a Registered Charity 1096779

Are you confused about what you should and shouldn't eat? Take this opportunity to find out how to improve your nutrition and health.

The free, two-hour session includes a presentation from our guest speaker, NHS dietitian **Abby Peate**, who will explain portion size, main food groups and a general guide to eating well.

Physical activity is essential to wellbeing. Abby's talk will be followed by a gentle exercise taster and information on local exercise opportunities.

There will also be a short talk about "nutrition in the news" including ultra-processed foods, how to support a healthy gut biome and other do's and don'ts associated with healthy eating.



About us

Community Resource is a charity that is committed to making life better for people and communities facing challenges in Shropshire, Telford & Wrekin.

A donation towards the work of our charity would be greatly appreciated.

www.community-resource.org.uk

01743 360641 enquiries@community-resource.org.uk