



## Healthy Eating Awareness



**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, 27<sup>th</sup> October**  
Castle Hall, West Castle St.  
Bridgnorth WV16 4AB

**Book your FREE place**

Call **01743 360641** or

Email [\*\*enquiries@community-resource.org.uk\*\*](mailto:enquiries@community-resource.org.uk)

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# 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](http://www.community-resource.org.uk)

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