



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, Tuesday, 17th October
Top Floor, Severn Fields Health Centre
Sundorne Road, Shrewsbury SY1 4RQ

Book your FREE place

Call **01743 360641** or

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

Supported by



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 **Morag Poole**, who will explain portion size, main food groups and a general guide to eating well.

Physical activity is essential to wellbeing. Morag'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-high 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

