

COMMUNITIES FOOD
& WELLBEING



Nutrition & Wellbeing on a Budget

Struggling to balance rising costs of living? Join this workshop for tips on Eating Well & Mental Wellbeing on a budget!

Wednesday 6th March, 3.30-6pm
Fearon Hall, Rectory Road
Loughborough, LE11 1PL

Book through reception or TEXT 'March Fearon' to
Andy: 07311 378699 to reserve a space (Limited to
first 40)

Refreshments and wellbeing
packs containing blankets
provided

Health
Professionals
available!

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