



GROWING TOGETHER



**6 WEEKLY HEALTHY EATING
WORKSHOPS FREE OF CHARGE
STARTING MONDAY 11TH
SEPTEMBER FROM 1 - 3PM**

**Our Growing Together programme is an exciting workshop that will run
every Monday for 6 weeks
The workshops will help you to:
Cook healthy food & drinks
Understand the benefits of healthy eating
Learn how to make healthy lifestyle changes that can benefit your health
& wellbeing**

**This is a free course
If you would like to attend please contact Maria Freeman
email: maria.freeman@tynegroup.org.uk
Telephone 0191 2323698**

