





'GOOD FOOD, GOOD MOOD'!

A FREE programme every Tuesday at Finchampstead Baptist Church for 5 weeks from 6th June – 2-3pm

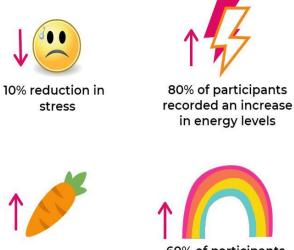
Sessions will cover:

- How food can affect your mood
- How to improve your mental wellbeing through food
- How to eat well on a budget
- Energy boosting foods learn to make a delicious protein ball!
- Stress busters and resilience workshop

Finish the course by receiving a FREE box with loads of delicious food, for athome easy cooking

Also receive tips and tricks to avoid food (and money) waste, meet other local people andhave fun!

After previous programmes, people experienced a.....



40% of participants increased their fruit and veg intake

60% of participants increased their variety of fruits and veg

Sign up now! Limited spaces available - To book - email: jennie.ellis@wates.co.uk or katherine.jones@wates.co.uk

CREATING TOMORROW TOGETHER.