

‘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 at-home 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.....



10% reduction in stress



80% of participants recorded an increase in energy levels



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