

FREE HEALTHY EATING WORKSHOP

10% CLUB



Would you like to find out about *healthy eating* in a fun and friendly environment?

If the answer is yes, come along to one of our workshops, where you can learn how to make small changes for you and your family, with big results! Different themes at each workshop!



Tuesday 4 March at Plymouth Life Centre, 10-11:30am

All participants will receive a **FREE swimming voucher** which can be used straight afterwards

CALL OR EMAIL TODAY TO BOOK YOUR PLACE

01752 437177 | livewell@nhs.net

You can also find out more info about our **free 12 week** Healthy Lifestyle Programme and meet the 10% Club team.

www.livewellplymouth.co.uk

