



Eatwise group



Wednesday 1 October



1pm to 2pm



Mrs M, Bishop Auckland, DL14 7NJ



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Healthy eating isn't about calorie counting, elimination diets or expensive ingredients...It's real ingredients and wiser food choices.

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Join us for **12 weekly sessions** starting on Wednesday 1 October 2025 where you'll learn how to adopt healthy eating habits and to make wiser food choices.

Registration for this group closes 15 October. For further information or to register your interest, contact Bethany.



Mrs M, No. 1 Market Place, Bishop Auckland, DL14 7NJ



Bethany Armstrong, 07901 113 009



bethany.armstrong1@nhs.net

For further information on the Wellbeing for Life service
Freephone: 0800 8766887 www.yourwellbeingservices.uk

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