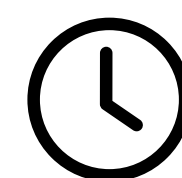




Eatwise group



Friday 13 February 2026



10am to 11am



The Monteith, Monteith Close,
West Auckland, DL14 9UB



“—

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

—”

Join Sharon for **12 weekly sessions** starting on Friday 13 February 2026 where you'll learn how to adopt healthy eating habits and to make wiser food choices.

Registration for this group closes 27 February 2026. There will be no session on 3 April due to the bank holiday.

Contact Bethany on the details below to book your place.



Bethany Armstrong, 07901 113 009



bethany.armstrong1@nhs.net

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

