

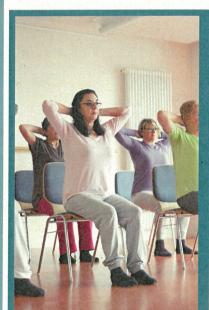
## Eatwise and Exercise







Binchester Community Centre, Bishop Auckland, DL14 8AS





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

Join Key for 12 weekly sessions starting on Wednesday 21 January 2026.

- One hour of healthy eating education
- 30 minutes of gentle chair-based exercises

Registration closes on Wednesday 4 February 2026. To book your place in this group, contact Bethany on the details below.

- - Bethany Armstrong 07901113009

bethany.armstrong1@nhs.net

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

