



# Eatwise and Exercise



Wednesday 21 January 2026



1pm to 2:30pm



Binchester Community Centre, Bishop Auckland, DL14 8AS



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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 Kev 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



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For further information on the Wellbeing for Life service  
Freephone: 0800 8766887 [www.yourwellbeingservices.uk](http://www.yourwellbeingservices.uk)

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