

change  
4 life

Eat well Move more Live longer

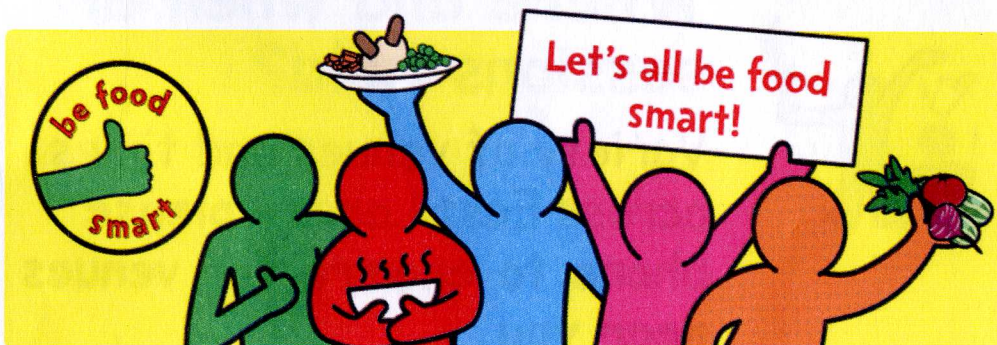
East Lancashire Hospitals  
NHS Trust



# Do you want to learn more about healthy eating?

**Let's talk about food!  
Come along to this brand new,  
hands on, fun, group session  
for adults**

**For more information please ring:  
Freephone 0300 3000 130  
or e-mail [food.health@elht.nhs.uk](mailto:food.health@elht.nhs.uk)**



## Who can attend?

Any adult - especially if you want to learn about healthy eating or improve your health if you have health conditions such as:- *diabetes, high cholesterol, high blood pressure or are overweight.*



## What will we talk about?

- What to eat!
- What not to eat!
- How much to eat!

To include: *Eat Well plate, 5 a day, food labels, cooking, recipes, eating out, food and mood, motivation.*



## Where and when are sessions held?

Variety of venues and times across East Lancs - **please phone to enquire for venues near you.**