
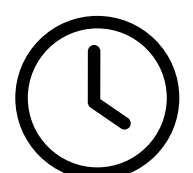




# Eatwise group

 Thursday 1 May  10:30am to 11:30am

 Nevilles Community Centre, DL5 5DH



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

Join us for **12 weekly sessions** starting on 1 May 2025 where we will support you to adopt healthy eating habits and to make wiser food choices.

For more information contact Jules Howe on the details below or visit our website.



Nevilles Community Centre, Nevilles Parade,  
Newton Aycliffe, DL5 5DH



Jules Howe, 07809 342 192



[www.wellbeingforlife.net](http://www.wellbeingforlife.net)

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

**well.**  
**being**  
for life