



African & Caribbean Community Health Network

Funded by London Borough of Waltham Forest

Advocating Equity In Health And Access To Mainstream Services For African & Caribbean Residents in Waltham Forest



Nutrition And Health Workshops



Run by **Sonia Morris** Nutritionist (RNutr) **Nutricise Health**

Dates:

1. 6th February 2024
2. 20th February 2024
3. 11th March 2024
4. 19th March 2024

Time: 11am - 2pm

Where: Leytonstone Library
Church Lane, Leytonstone
London, E11 1HG

Session 1:

- Nutrition, Health and Development
- Nutrition throughout the lifecycle
- Eat well guide - Food Groups
- Portion sizes

Session 2:

- Health and Nutrition,
- Obesity, Diabetes and Hypertension
- Prevention and managing symptoms
- Cultural preferences.

Session 3:

- Label Reading
- Cooking Methods
- Healthy Eating on a Budget
- Healthy Recipes to try at home

Session 4:

- Physical Activity - Benefits
- Getting Started
- Re-cap of course
- Q&A
- Signposting for Help and information

4 Weeks Course for 20 Residents.

Sign-up required, Light Refreshments available.

To find out more about the project and how to sign-up email hello@mbswellbeingcic.com.

Older people can contact Joan 0208 539 6976



Waltham Forest

