

# 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 FOOD & GUT HEALTH



## Dates

**Tuesday 10<sup>th</sup> June 2025**

**Tuesday 24<sup>th</sup> June 2025**

**Time: 11am - 2pm**

**Where: St John Church Hall  
High Road Leytonstone  
London E11 1HH  
(Hall opposite ALDI Store Entrance)**

### **Session 1: 10th June 2025**

Nutrition, Health and Development  
Protecting Gut Health:- digestion  
preventing Inflammation, microflora  
Eat well guide - food groups  
Portion sizes  
Healthy Eating on a Budget

### **Session 2: 24th June 2025**

Health and Nutrition, Obesity,  
Diabetes and Hypertension  
Prevention and managing symptoms  
Cultural preferences  
Physical Activity - benefits  
Healthy Recipes to try at home



**Eat Healthy  
Restore Vitality  
And Gut Health**

### **Workshops Tutor**

**Sonia Morris**

**Nutritionist (Rnutr)**

**NUTRICE HEALTH**

**Places for 20 Residents**  
Light Refreshments Available  
**Signup required**, priority access  
for ACCHN Registered users.

To find out more about the African & Caribbean Community Health Network and how to signup, book events email [hello@mbswellbeingcic.com](mailto:hello@mbswellbeingcic.com) Older people can telephone Joan on 020 8539 6976.

**By Bus:** 66, 145, 257, W13, W14, W15, W16, W19, alight at Leytonstone station and walk up Church Lane. 2 minute walk

**By Underground:** Central Line to Leytonstone, take the left hand exit out of the station and walk up Church Lane. 2 minute walk.

