

# Healthy Eating Course



**Groups will be small and friendly,  
and will be held on  
Thursdays**

Participants will gain knowledge and understanding of the 'Eatwell Guide', and become aware of foods that are nutritious, healthy and won't break the bank.

This is a 4 week course

**Start Date:** Thursday 7th March 2019

**Time Week 1:** 1.00pm-2.00pm

**Time Weeks 2,3 & 4** 1.00pm-3.00pm

**Venue:**

St Peters Church Hall,  
Laleham Road, Staines TW18 2DX.

**Please bring your National Insurance number  
with you**

You will need to be registered with Mary Frances Trust to attend this group.

Please contact us for referral paperwork.

**To book your place, please ring 01372 375400,  
SMS 07929 024722**

**Or email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)**

*Mary Frances Trust supports people to improve their emotional wellbeing through one to one support, courses, groups and activities designed to aid recovery*

Mary Frances Trust

 Mescot  
Epsom's college of further and higher education

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