

FREE 6 WEEK PRACTICAL COURSE

# FOOD AND MOVE

FOR A HEALTHY LIFE



**WENESDAY 15TH JAN  
1-3PM**

**Learn how to  
cook healthy  
food!**

**x 2 cook and  
learn classes**



**lets get moving!**

**x 2 low impact  
exercise and learn  
classes**



**HEALTHY FOOD**



**MINDSET & MOTIVATION**



Feelgood Factory  
Glovers Lane, Netherton  
I30 5QW



Contact Jennie or Malcolm 0151 291 8010

Registered Charity Number 1074508 Company Limited by Guarantee 3614799