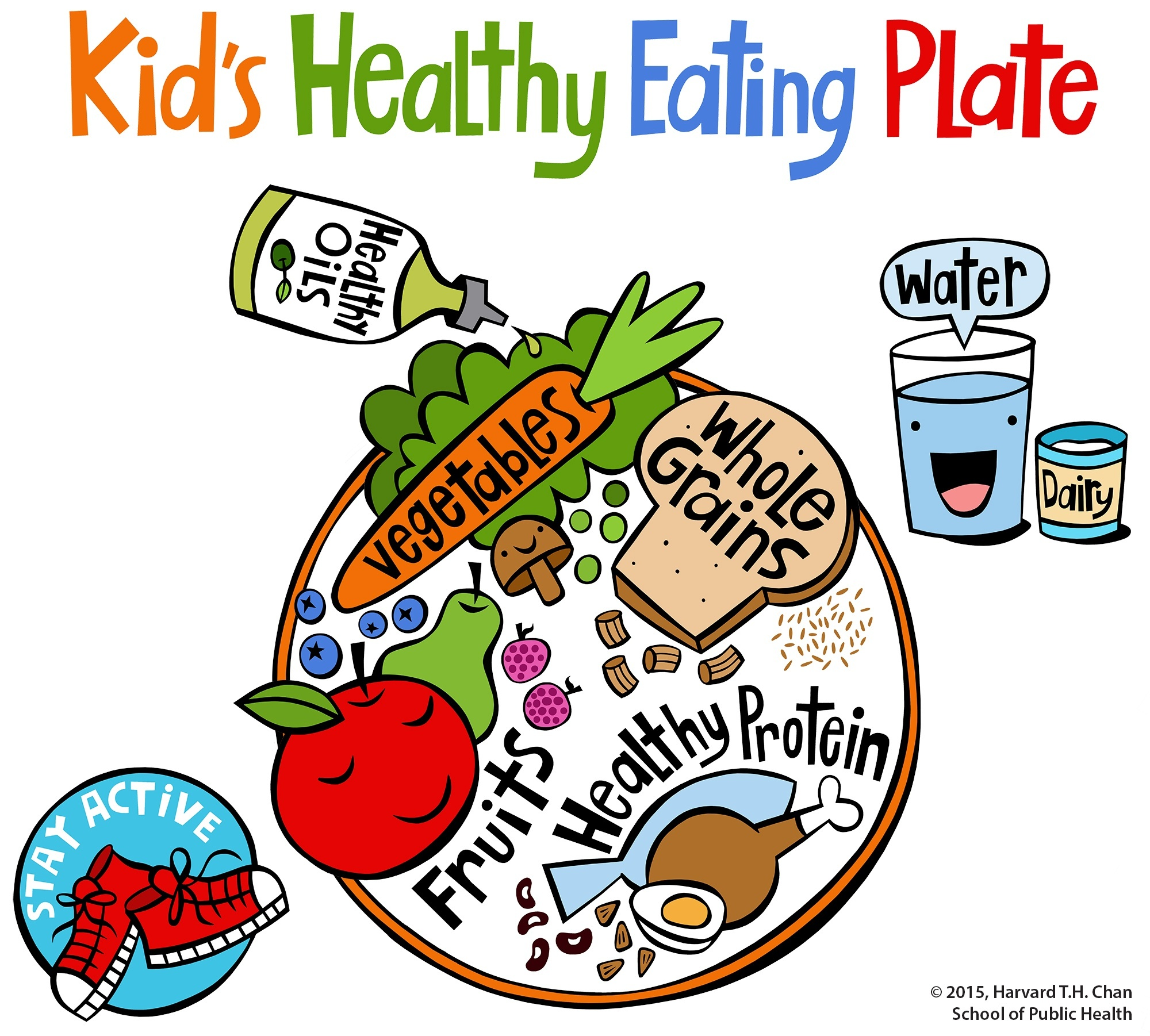


**HEALTHIER YOU – FREE SIX WEEK WORKSHOP  
Starts on Wednesday 29th April, 10-12pm, @ 96 Shenley Road, Borehamwood**



**This class will help you to:**

* **Feel confident enough to plan healthy balanced meals with different ingredients and identify healthy foods in a supermarket.**
* **Understand why movement and exercise are important and how it keeps us healthy**
* **Learn about healthy snacking**
* **Know the importance of drinking water and knowing how much food you should eat each day**
* **Plan positive changes to your life to feel better, both physically and mentally.**

**For more information or to book your place on the course,**

**e:** [**lucy@hertsmeremencap.org.uk**](mailto:lucy@hertsmeremencap.org.uk)**, phone: 07770 746 655**

[**www.hertsmeremencap.org.uk**](http://www.hertsmeremencap.org.uk)